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(54) Title: ESSENTIAL OIL COMPOSITION

(57) Abstract

The application relates to new medicinal and cosmetic compositions comprising essential oils in combination with herbs and/or spices. The compositions may be used orally or topically.

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## ESSENTIAL OIL COMPOSITION

The invention relates to medicinal and cosmetic compositions comprising an essential oil in combination with at least one spice and/or at least one herb. Such compositions may be taken orally or may be absorbed through the skin.

Essential oils have been used for thousands of years in aromatherapy.

The ancient Chinese are generally acknowledged as the founders of aromatherapy, but it is more than likely that quite early in the history of civilisation man had realised that certain aromatic plants could help restore his health. Aromatic substances were also used by the ancient Egyptians and Ancient Greeks as medicinal perfumes.

In the 10th century the Arabs were extracting essential oils from aromatic plants and using them medicinally. The Knights of the Crusades brought aromatic essences and waters back to Europe from the Middle East and they became so popular that perfume began to be manufactured and was well established by the end of the 12th century.

The importance of aromatic plants for other purposes was realised early. When the bubonic plague reached England around the middle of the 14th century, fires were ordered in the streets at night, burning aromatic

frankincense and pine; indoors, incense and perfumed candles were burnt to combat infection and disguise the stench of death; pomanders made from aromatic gums and resins were worn on ribbons round the neck to protect the wearers from the dreaded Black Death.

By the turn of the 18th century essential oils were widely used in medicinal preparations and Salmon's dispensary of 1896 contains recipes for numerous aromatic remedies. In the 19th century, essential oils were subjected to more scientific investigation, and it was discovered that some of them could be synthesised from other materials. As it is always quicker and cheaper to produce the laboratory versions than natural plant extracts, true essential oils began to fall from favour. Today, many of our medicines and perfumes contain so-called essential oils, though often they are mere imitations; while synthetics may smell like the real thing, they do not possess the same therapeutic properties.

### Essential Oils

Essential oils are highly scented droplets found in minute quantities in the flowers, stems, leaves, roots and barks of aromatic plants. They are not true oils in the manner of lubricant vegetable oils, but highly fluid

and exceptionally volatile.

Essential oils are complex mixtures of different organic molecules - terpenes, alcohols, esters, aldehydes, ketones and phenols. Synthetic oils are usually made from one or more of the constituents predominant within a particular essential oil; menthol, for example, often substitutes for mint and eucalyptol for eucalyptus. However, there are sound reasons for believing that it is the interaction between each and every component that gives an essential oil its particular character and unique therapeutic properties.

The chemical composition of an oil is related to the time of day, the month or the season. Jasmine develops a strongly scented indole molecule at midnight when it is particularly intoxicating, and it is important to gather the petals at exactly the right moment. There are good years and bad years for essential oils as there are with wines. Some commercial producers have discovered that they can improve the quality of a poor yield by adding certain components and that an expensive oil like rosemary can be adulterated, without altering its aroma, by adding 30-40% of camphor which is considerably cheaper for the perfume industry. Such adulteration may be commercially

acceptable but it might well alter the therapeutic properties of the oil.

It is important to try to ensure that essential oils come from reputable sources and are as pure as possible.

Experts recognise an essential oil by its aroma and check its composition by a process called Gas Liquid Chromatography. Colour can also be an indicator; eucalyptus is colourless, chamomile varies from white to blue and others, like basil and sandalwood (both light greenish-yellow), are in pastel shades. Yet others are richly pigmented, like jasmine, a deep reddish-brown, patchouli, brown, and rose, orange-red.

### Extraction of the Oils

Essential oils may be extracted from plants in a number of ways. One of the oldest methods is distillation, practised in ancient Persia, Turkey and India thousands of years ago. The Egyptians were preparing essence of cedarwoods for embalming and other purposes around 2000BC; the wood was heated in a clay vessel covered by a screen of woollen fibres through which the steam had to pass. The essence was obtained by squeezing out the impregnated wool.

The Arabs are credited with having popularised distillation in the late 10th century. They began with extract of rose petals then experimented with other aromatic materials. Today, distillation remains the most commonly used means of extracting essential oils.

Other methods include *enfleurage*, often used for delicate petals like jasmine and tuberose; maceration, for tougher flowers and leaves, roots and bark; solvent extraction, the preferred method for gums and resins like myrrh and galbanum; and hand expression, chiefly employed for squeezing the highly aromatic oils from thick-skinned citrus fruit like oranges, tangerines and lemons.

### The Properties and Uses of Essential Oils

Essential oils possess numerous properties which make them useful for treating many of our most common health and beauty troubles.

Professor Paolo Rovesti, Director of the Instituto Derivati Vegetali in Milan, has studied the effect of essential oils on the psyche and found that they can be useful in the treatment of anxiety and depression. He recommends ylang-ylang, citrus oils, jasmine, basil, patchouli and

peppermint for treating general depression, geranium, lavender and bergamot for treating fear and anxiety, and peppermint, rose and carnation for improving concentration and eliminating lethargy.

Sprayed into the air, these oils also have immediate and long-lasting effects.

The reasons for these reactions are as yet unclear, but it is known that odour molecules are perceived by thousands of tiny nerve cells in the nose and that each of these nerves is connected to that part of the brain which is concerned with emotional drives, creativity and sexual behaviour. This could explain why certain perfumes make us feel happy, why some essences, like jasmine and rose, have a reputation for being aphrodisiac and why unpleasant smells, like petrol fumes, can induce depression. While pure essential oils appear to have a positive influence on the psyche, it is doubtful that synthetic ones work in the same way.

Spices are conventionally used as flavourings in, for example, Indian or Thai dishes. Spices are usually the dried, aromatic parts of plants, generally the seeds, berries, roots, pods and sometimes leaves and flesh, which mainly, but not invariably, grow in hot countries.

The medicinal uses of spices in the past were often indistinguishable from their culinary uses, particularly so in mediaeval times, when apothecaries prescribed herbs and spices not merely for digestive problems, but for all types of ailments. Hot spices, such as pepper, were regarded as an appetite stimulant and a digestive aid; asafoetida, now known only in Indian cookery, was used by the Romans as a healing ointment, an antidote for snake bites, and a cure for gout, cramps, pleurisy, and tetanus; spiced salts were made with ginger, pepper, cumin, thyme and celery seed which were good for the digestion, promoting regularity and preventing all sorts of illnesses, plagues and chills; and citron seeds were given to pregnant women to relieve nausea. Roman and mediaeval writers also believed the fennel helped to promote and restore good vision and it was at one time a cure for obesity.

Chinese herbal medicine has been known in China for several thousands of years. Only recently, however, has it become recognised in the West that Chinese herbs may be used to treat medical conditions.

The inventors have unexpectedly found that it is possible to combine

essential oils with naturally occurring spices and/or herbs to produce medicinal compositions which may be taken orally or which may be directly absorbed through the skin. Compositions of the invention may be used to treat a surprising range of illnesses.

Such compositions are especially important with the move by many members of the public towards more "natural" treatments, which do not use artificial medicines.

Accordingly a first aspect of the invention provides a medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or herb. Preferably the spice is an "Indian spice" as defined herein. The herb is preferably a "Chinese herb" as defined herein.

Preferably the composition comprises an Aloe vera extract. This is the preferred delivery vehicle for the essential oil and spice and/or herb. It is preferred since it is readily accepted by the body and has not been found to produce allergic reactions or side effects. Preferably the extract is concentrated.

The composition may comprise a honey product such as royal jelly or bee propolis. Royal jelly and bee propolis have been used for many years to treat a wide range of conditions and as nutrient supplements.

Indian brandee may also be incorporated with the composition. Indian brandee has been used for many years as to relieve flatulence and colic. Its main ingredients are rhubarb tincture, capiscum tincture, ethanol, cochineal and methyl hydroxybenzoate.

The composition may also comprise one or more flavourings, such as blackcurrant concentrate, vitamins, amino acids and minerals.

Examples of vitamins include Vitamin C and Vitamins E and D, which may be in the form of alpha-tocopherol. Inositol, pepsin, selenium methionine, soya isolate, trace mineral clay, whey protein, zinc amino acid chelate and individual amino acids such as lysine may be used.

Enzymes, such as plant extracts comprising enzymes may also be incorporated.

The essential oils, spices, herbs and vitamins and amino acids preferably used within the invention are shown in Tables 1 to 4.

Preferably the compositions comprise one or more essential oils selected from:

- (a) bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagestes and ylang ylang.

The compositions may comprise one or more Chinese herbs selected from:

- (b) acacia catechu, acanthopanax gracilistylus, caesalpinia sappan and epimedium spinosa.

Preferably the compositions comprise one or more spices selected from:

- (c) asapoetidia, coconut, coriander, fenugreek and horseradish.

Preferably the composition comprises all of the oils, herbs and spices from lists (a), (b) and (c). This combination has been found to especially improve the effectiveness of the compositions.

Compositions of the invention may be used in combination with alternative methods of treatment such as aromatherapy, Bach flowers therapy, reflexology, acupuncture and/or the Alexander technique, all of which are known in the art.

The invention may be used orally or topically. Accordingly the invention preferably provides tablets or capsules comprising the compositions of the invention for oral administration.

Compositions for topical administration comprising the compositions according to the invention are also provided.

The invention further provides the use of a medicinal composition according to the invention for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.

The use of cosmetic formulations according to the invention are also provided for skin care and/or weight management.

aromatherapy and/or reflexology and/or physiotherapy to produce enhanced results.

Essential oils are typically extracted by steam distillation, expression (hard pressing) or maceration, as indicated in Table 1. Such techniques are well known in the art.

Spices are preferably selected from Table 2.

## **CHINESE HERBS**

### **Herbs and Their Properties**

In China the herbs used are gathered from the wild by hand. The best ones grow far from human habitation, and the herbalists who gather them will also be botanists, explorers, climbers and environmentalists. They need to be able to identify the relevant herb in all stages of its development, know where the finest ones grow, be able to get to the plants even when they grow in highly inaccessible places, know how much they can take without threatening a particular species, and always be on

TABLE I

## ESSENTIAL OILS

Aniseed	Pine
Basil	Red Myrtle
Benzoin	Rescue Remedy
Bergamot	Rose Geranium
Black Pepper	Rosemary
Camphor	Sandlewood
Carrot	Spanish Marjoram
Cedarwood	Sweet Marjoram
Chamomile German	Sweet Thyme
Chamomile Maroc	Tagetes
Chamomile Roman	Tea Tree
Cinnamon Leaf	Thyme Red
Clove Buds	Thyme Sweet
Cypress	Ylang Ylang
Dill	
Eucalyptus Globulus	
Fatigue	
Fennel	
Frankincense	
Ginger	
Grand Fir	
Grapefruit	
Grapeseed	
Hazel	
Hyssop	
Jojoba	
Juniper	
Juniper Berry	
Lavender	
Lemon	
Lemon Grass	
Melissa	
Mountain Savoury	
Myrtle Red	
Neroli	
Niaouli	
Patchouli	
Peppermint	

TABLE 2

## SPICES

Allspice	Mango Powder
Allspice Ground	Mixed Spices
Anise Star	Mixed Spices - Sweet
Aniseed	Mushroom
Arrowroot	Mustard Seed Black
Arrowroot Ground	Mustard Seed Yellow
Asafoetidia	Nutmeg
Caraway Ground	Nutmeg Powder
Cardamom	Onion
Cardamom Seeds	Orris Root
Carob	Paprika - Sweet
Cassia	Slippery Elm
Cassia Bark	Tamarind Block
Cayenne Pepper	Tumeric
Celery Salt	
Chilli	
Chilli Powder	
Cinnamon	
Cinnamon Ground	
Cinnamon Sugar	
Cloves	
Cloves Ground	
Coconut Cream Block	
Coconut Ground	
Coconut Powder	
Coriander	
Coriander Ground	
Cream of Tartar	
Cumin	
Dill	
Dill Seeds	
Dutch Caraway	
Fennel	
Fennel Powder	
Fenugreek	
Fenugreek Powder	
Garlic	
Ginger	
Horseradish	
Horseradish Ribbled	
Juniper Berries	
Laos	
Laos Powder	
Lemon Grass	
Mace	
Mace Ground	

the look-out for new sources and new species.

They are mostly imported from Hong Kong, although some come from mainland China via Beijing and Shanghai. Increasingly, as China opens its doors to the West, better access will be granted for importing herbs.

Some herbalists import their herbs directly, while others purchase them from Chinese herbal cash and carry stores in the West or from mail order suppliers.

Examples of Chinese herbs which may be used in the invention are listed in Table 3.

### **Preservation**

Once the herbs have been collected from the wild they need to be treated so that they will keep their essential qualities during storage. They are always washed and dried. The method of drying varies depending on the particular herb and what it is going to be used for. They may be sun-dried or dried in a clay oven, alone or with other herbs. Sometimes they are dried with minerals such as sulphur, which bleaches them and also acts as

## HERBS

Ba Ji Tian  
Bai Dou Kou  
Bai Gou  
Bai Guo Ye (Ginkgo)  
Bai He  
Bai Ji Tian  
Bai Jiang Cao  
Bai Zhi  
Bai Zhu  
Ban Xia  
Bi Ji Tian  
Bo He  
Bladderwrack  
Boswellia Serrata  
Bu Gu Zhi  
Cang Er Zi  
Chai Hu  
Chamaelirium Luteum  
(False Unicorn)  
Chan Tiu  
Che Qian Cao  
Che Qian Zi  
Che Quian Cao  
Chen Xiang  
Chi Shao Yao  
Chuan Lian Zi  
Da Huang  
Da Zao  
Dan Shen  
Dang Gui (Dong Quai)  
Dang Shen  
Du Zhong  
Echinacea Angustifolia  
Er Cha  
Fan Xie Ye (Senna)  
Fu Ling  
Fu Pen Zi  
Gao Ben  
Garcinia Cambogia  
Ge Gen  
Gou Qi Zi (Lycium)  
Gou Teng  
Guaiacum Wood  
Gui Ban  
Guo Teng  
Guo Ye (Ginkgo)  
He Zi  
Horsetail

## HERBS

Hu Huang Lian	Ting Li Zi
Hu Po	Wang Bu Liu Xing Guo
Hua Jiao	Wu Bei Zi
Huai Jiao Zi	Wu Jia Pi
Huang Lian	Wu Yao
Huang Qi	Xian He Cao
Huo Ma Ren	Xing Ren
Ji Xue Feng	Yan Hu Suo
Jiang Can	Yang Rong Wan
Jie Geng	Ye Ju Hua
Jin Quian Cao	Ye Tu Hua
Jin Yin Hua	Yi Mu Cao
Jin Ying Zi	Yin Yang Huo
Lian Zi	Yohimbe
Lian Zi (Red)	Zhen Zhu Mu
Long Yan Rou	Zhi Mu
Lu Jiao Shuang	Zhi Zi
Ma Dou Ling	
Mai Men Dong	
Mai Ya	
Man Jing Zi	
Mao Zhao Cao (Cats Claw)	
Maté Leaf	
Mexican Yam Root	
Milk Thistle Seed	
Mu Dan Pi	
Mu Hu Die	
Mu Li	
Mu Tong	
Niu Bang Zi	
Ou Jie	
Qiang Huo	
Rou Cong Rong	
Salix Alba (White Willow)	
Sang Ye	
Shan Zha	
Shen Jin Cao	
Sheng Ma	
Shiu Niu Jiao Si	
Shu Di Huang	
Spirulina	
Su Mu	
Su Zi (Zi Su Zi)	
Suan Zao Ren	
Tian Ma	
Tian Nan Xing	

a preservative. Occasionally you may hear of herbs being treated. This means that, after drying, they are stir-fried with angelica and milk vetch to enhance their properties. Some may also be buried in the ground to absorb moisture, or cooked in a clay pot with rice wine or honey to increase their potency.

### **Cutting up Herbs**

Before or after they have been dried, the herbs will need to be cut up using a herb chopper. When this is done depends on the herb and its eventual usage. There are several ways of cutting herbs. Large roots are often sliced across at 90 degrees, which gives them a round cross-section, while smaller ones are cut at an angle to give a larger surface area. Some herbs are chopped very finely and compressed into a cake.

Some herbs have to be ground to a powder and this is done using a mortar and pestle with a lid, to avoid the loss of powder during crushing.

### **Storage**

Traditionally, herbs would be stored in clay pots after preservation and

cutting up. The shape of the clay pots and whether they were covered or uncovered depended on the herbs. The Chinese have always used clay pots, because clay was the simplest and cheapest material to get hold of and also because, when glazed and therefore non-absorbent, it helped to keep the properties of the herbs intact.

Modern herbalists increasingly use glass jars and bottles for herb storage, but still rely on wooden drawers for the bulk of their stocks because this is the easiest and most convenient method of dispensing them. These drawers are rarely labelled, as the herbalist is completely familiar with their contents. Since the drawers are arranged according to meridians and properties it would be hard for the herbalist to make a mistake that would result in a herb of a totally different type being dispensed.

### **Freshness of Stocks**

However the herbs are stored, herbalists will check them periodically for mould and other signs of decay.

Herbs may need to be retreated - that is, washed and boiled, redried and, where necessary, freshly treated with angelica again in the same way that

fresh herbs are.

### Weighing Herbs

Because it is so expensive, ginseng is weighed in very sensitive scales which have divisions of 0.1 of a gram.

Other herbs do not need quite such accurate scales, and larger ones can be used. These are accurate to within approximately 3 grams. Both sorts of scales are used by holding one of the strings near the pan and adjusting the weight on the rod.

Metric weights have been used for convenience, but Chinese herbalists use Chinese weights. Their names and metric equivalents are given below.

1 fan	= 0.3 grams approx	
10 fan	= 1 qin	= 3 grams approx
10 qin	= 1 lian	= 30 grams approx
16 lian	= 1 jin	= 480 grams approx

Whenever scales are used, the weight given is always that of the herb before any stir-frying which may be specified on the prescription. The

herbs may be fried in honey, water or rice wine, or 'burned' until black in a red-hot wok. These treatments naturally change the weight of the herb, and it is not unknown for patients to weight their herbs afterwards and mistakenly complain that they have been short-changed by the herbalist.

### **Boiling and Steaming**

As soon as possible after collection, the herbs are boiled in clay pots. These come in a variety of shapes and sizes much like Western saucepans. It used to be traditional to throw away all pots used in medicinal preparations on the Chinese New Year's Eve. But few herbalists in the West can afford to do this now, especially since some of the decorated pots are extremely expensive.

Steam pots are used a lot for medicinal foods. The ingredients are added to the pot, after which both lids are put on and fastened by a string which passes through the handles. The pot is then placed in a larger pot of boiling water. The herbs and other ingredients are gently cooked by the rising steam without losing any valuable elements which might otherwise be boiled out.

### Properties of Commonly Used Chinese Herbs

In the following lists the Chinese name has been used, along with the botanical name and the Western common name where possible. (Some Chinese herbs are not native to the West and have no corresponding Western name so in these cases the literal English translation has often been included.) Most of the herbs described here can be used in their fresh state, but they can all be ordered as dried herbs. Dosages given are standard ones from which herbalists would raise or lower according to the individual. It is interesting to note that many of the Chinese names have suffixes denoting parts of the plant, for example: hua/flower; pi/cortex or peel; ren/seeds; ye/leaf; zi/fruit or seeds. The dosage refers to the total dose over the course duration.

<b>Bai Shao</b>	<i>Paeonia lactiflora, P. obovata</i>	White peony root
<b>Part used:</b>	root, sliced	
<b>Meridian:</b>	liver	
<b>Taste:</b>	sweet	
<b>Usage:</b>	for abdominal pains after childbirth combine with Dang Gui ( <i>Angelica sinensis</i> /Chinese angelica), Chuan Xiong ( <i>Ligustrum wallichii</i> /Szechuan lovage root) and Hong Hua ( <i>Carthamus tinctorius</i> /safflower).	
<b>Dosage:</b>	6-15g	
<b>Note:</b>	Do not use with black false hellebore ( <i>Veratrum nigrum</i> )	
<b>Bai Zhu</b>	<i>Atractylodes macrocephala</i>	Attractylodes
<b>Part used:</b>	root	
<b>Meridians:</b>	spleen, stomach	
<b>Taste:</b>	bitter-sweet	
<b>Usage:</b>	to correct mischannelling of qi at the spleen and stomach. Used to treat loss of appetite, extended tight abdomen, vomiting and bowel disorders. It is safe to use during pregnancy.	
<b>Dosage:</b>	4.5-9g	
<b>Gan Cao</b>	<i>Glycyrrhiza uralensis, G. glabra</i>	Liquorice
<b>Part used:</b>	root	
<b>Meridians:</b>	all	
<b>Taste:</b>	sweet	
<b>Usage:</b>	one of the most frequently used Chinese herbs. It can be used on its own to assist the spleen, dispel heat and restore qi. It is used to treat sore throats and to relieve food poisoning. It is most often used with other herbs to moderate their effects. It is also used to alleviate any uncomfortable side-effects which may be felt after taking other medicinal herbs.	
<b>Dosage:</b>	1.5-9g	
<b>Gou Qi Zi</b>	<i>Lycium chinense</i>	Lycium
<b>Part used:</b>	seed	
<b>Meridians:</b>	liver, kidneys	
<b>Taste:</b>	sweet	
<b>Usage:</b>	to strengthen shen and kidneys, and to improve eyesight, used with Sheng Di Huang ( <i>Rehmania glutinosa</i> /Chinese foxglove root), Ju Hua ( <i>Chrysanthemum morifolium</i> /chrysanthemum) and Shan Zhu Yu ( <i>Cornus officinalis</i> /fruit of Asiatic cornelian cherry). Used with Sheng Di Huang ( <i>Rehmania glutinosa</i> ) and Tian Men Dong ( <i>Asparagus cochinchinensis</i> /asparagus root) to treat deficient liver and/or kidneys as well as tinnitus, dizziness and weakness of the knees, and for the prevention of wet dreams.	

**Dosage:** 6-12g

**Gou Teng** *Nauclea rhyncholphylla* also (*Unicaria*)  
**Part used:** thorn  
**Meridians:** heart, liver  
**Taste:** sweet  
**Usage:** to stop convulsions, tics and spasms used with Tian Ma (*Gastrodia elata*/Gastrodia rhizome). For the treatment of red eyes caused by headaches used with Ju Hua (*Chrysanthemum morifolium*/ chrysanthemum), Sang Ye (*Morus alba*/white mulberry leaves) and Bo He (*Mentha arvensis*/mint). It does not need boiling.

**Dosage:** 6-12g

**Gui Zhi** *Cinnamomum cassia* Cinnamon twigs  
**Part used:** bark  
**Meridians:** heart, lungs, bladder  
**Taste:** sweet  
**Usage:** used in combination with Ma Huang (*Ephedra sinica*/Ephedra) if the patient does not sweat; if they do, given with peeled Chi Shao (*Paeonia veitchii*/red peony root). Used in combination with Qiang Huo (*Notopterygium incisum*) to relieve pain in joints, especially arthritis. Used with Dang Gui (*Angelica sinensis*/Chinese angelica) or Chuan Xiong (*Ligustrum wallichii*/Szechuan lovage root) to treat period pains and menstrual irregularity.

**Dosage:** 3-9g (slightly more if used for arthritis)  
**Note:** Avoid during pregnancy

**Huang Qi** *Astragalus membranaceus* Milk vetch  
**Part used:** root, sliced, either raw or stir-fried in honey  
**Meridians:** lungs, spleen  
**Taste:** sweet  
**Usage:** given as a tonic to patients recovering from illness or feeling tired and weak. Can be used in conjunction with ginseng. This is one of most commonly prescribed herbs in Chinese medicine, and symptoms which would point to its use include loss of appetite, coldness, shortness of breath and a tendency to sweat a lot.

**Dosage:** 9-30g

<b>Huang Qin</b>	<i>Scutellaria baicalensis</i>	Baical skullcap root
<b>Part used:</b>	root, raw or stir-fried in rice wine	
<b>Meridians:</b>	gall bladder, small intestine, lungs, large intestine, spleen	
<b>Taste:</b>	bitter	
<b>Usage:</b>	for throat pain used with Lian Qiao, ( <i>Forsythia suspensa</i> /forsythia fruit) and Jin Yin Hua ( <i>Lonicera japonica</i> /honeysuckle flower). For relieving high blood pressure used with Ju Hua ( <i>Chrysanthemum morifolium</i> / <i>chrysanthemum</i> ) and Gou Teng ( <i>Nauclea rhynchophylla</i> ).	
<b>Dosage:</b>	3-10g	
<b>Jing Jie</b>	<i>Schizonepeta tenuifolia</i>	
<b>Part used:</b>	seeds	
<b>Meridians:</b>	none specific	
<b>Taste:</b>	tangy	
<b>Usage:</b>	to stop swellings and as an excellent painkiller. Used more than any other herb for the treatment of arthritis. Fried until very dark in colour it is used to stop bleeding, especially from haemorrhoids.	
<b>Dosage:</b>	3-9g	
<b>Ma Huang</b>	<i>Ephedra sinica</i>	Ephedra
<b>Part used:</b>	stalk	
<b>Meridians:</b>	bladder, lungs	
<b>Taste:</b>	tangy	
<b>Usage:</b>	used in combination with Gui Zhi ( <i>Cinnamomum cassia</i> /cinnamon) to aid sweating. Stir-fried in honey and apricot kernels, restores the function of the lungs and suppresses asthma, especially with coughing. Used with Sheng Jiang ( <i>Zingiber officinale</i> /fresh ginger rhizome (root) and Bai Zhu ( <i>Atractylodes macrocephala</i> ) to reduce swelling.	
<b>Dosage:</b>	3-9g	
<b>Note:</b>	not suitable for patients who suffer from insomnia or high blood pressure. Not to be used by patients who are already sweating.	
<b>Mai Men Dong</b>	<i>Ophiopogon japonicus</i>	'Lush winter wheat'
<b>Part used:</b>	root nodules, used raw and pressed flat	
<b>Meridians:</b>	stomach, lungs, heart	
<b>Taste:</b>	bitter	
<b>Usage:</b>	to restore yin. Used with Ban Xia ( <i>Pinellia ternata</i> /'Half summer') and liquorice for coughs and dry throat. Used with Sheng Di Huang ( <i>Rehmania glutinosa</i> /Chinese foxglove root), Xuan Shen ( <i>Scrophularia Ningpoensis</i> Ningpo figwort root), Huang Lian ( <i>Coptis chinensis</i> /golden thread) and Dan Shen ( <i>Salvia miltiorrhiza</i> /'Scarlet root') for insomnia.	
<b>Dosage:</b>	6-12g	
<b>Mu Dan Pi</b>	<i>Paeonia suffruticosa</i>	Tree peony

**Part used:** bark  
**Meridians:** kidneys, liver, heart  
**Taste:** bitter  
**Usage:** to lower high blood pressure, used with Ju Hua (*Chrysanthemum morifolium/chrysanthemum*) and Jin Yin Hua (*Lonicera japonica/honeysuckle flower*). For menstrual disorders, used with Chai Hu (*Bupleurum chinense/thorowax*) and Dan Gui (*Angelica sinensis/Chinese angelica*). To stop bleeding in internal wounds, dry-fried until dark and given with Hong Hua (*Carthamus tinctorius/safflower*). For period pain, raw slices given with Gui Zhi (*Cinnamomum cassia/ cinnamon*) and Hu Tao Ren (*Juglans regia/walnut*). To stimulate the production of blood and to disperse bruises, used fried in rice wine with cinnamon and walnuts.  
**Dosage:** 6-12g  
**Note:** not suitable for use during pregnancy

**Qing Hao** *Artemisia annua, A. apiacea* Wormwood  
**Part used:** leaves  
**Meridians:** liver, gall bladder  
**Taste:** bitter, but with a very pleasant smell  
**Usage:** for the treatment of burns and minor skin disorders, fresh leaves are crushed and applied externally. For the treatment of malaria, used with Huang Qin (*Scutellaria baicalensis/Baical skullcap root*). Ban Xia (*Pinellia ternata*) and Maronta *arundinacea* (arrowroot).  
**Dosage:** 20-40g for malaria, 6-15g for skin applications  
**Note:** this herb responds best to rapid, short boiling

**San Qi** *Panax notoginseng* Pseudoginseng root  
**Part used:** whole plant (it is similar to ginseng)  
**Meridians:** kidneys, liver  
**Taste:** bitter  
**Usage:** to disperse bruises, relieve swellings and stop haemorrhaging, and for general relief of pain.  
**Dosage:** for wounds and pain 1-1.5g powder three times a day; for cardiac arrest 1.5g twice a day in equal proportions with ginseng

**Shan Zhu Yu** *Cornus officinalis* Cornelian Asiatic cherry  
**Part used:** flesh of fruit  
**Meridians:** liver, kidneys  
**Taste:** bitter-sour  
**Usage:** used in the treatment of abnormally heavy menstruation. Used with ginseng to treat heavy sweating accompanied by exhaustion.

**Dosage:** 4.5-9g

**Shi Chang Pu** *Acorius gramineus* Sweetflag

**Part used:** root

**Meridians:** heart, spleen, stomach

**Taste:** tangy

**Usage:** for excess tan (mucus). Used with Zhi Zi (*Gardenia jasminoides*/Cape jasmine), young bamboo leaves and extracted ginger juice for treating delirium. To treat tinnitus and amnesia, given with Fu Ling (*Poria cocos*/hoelen) and Yuan Zhi (*Polygala tenuifolia*/root of Chinese Senega). For loss of appetite, given with Huo Xiang (*Agastache rugosa*/Patchouli), Huo Po (*Magnolia officinalis*/magnolia) and Chen Pi (*Citrus reticulata*/tangerine peel).

**Dosage:** 3-9g

**Shu Di Huang** *Rehmania glutinosa* Root of Chinese foxglove  
cooked in wine

**Part used:** root (oven dried or fresh)

**Meridians:** liver, kidneys, heart

**Taste:** sweet

**Usage:** a) to relieve cold in the blood. Used with Xuan Shen (*Scrophularia ningpoensis*/Ningpo figwort) to reduce high body temperature, dry mouth and red tongue. Given with He Ye (*Nelumbo nucifera*/lotus leaves) and Qian Cao Gen (*Rubia cordifolia*/madder root) for blood in vomit or urine. Used with Mu Dan Pi (*Paeonia suffruticosa*/cortex of tree peony root) for macula or dark spots on the skin. To treat thirst associated with diabetes, used with Bi Xie Xu Duan (*Dioscorea batatas*/Chinese yam) and Di Gu Pi (*Lycium chinense*/Chinese wolfberry).  
b) Used dried, then fried in rice wine until dark, for restoration of the blood, weakness of the knees, menstrual disorders and tinnitus.

**Dosage:** a) 9-30g (double if fresh), b) 9-15g

**Tian Ma** *Gastrodia elata* Gastrodia rhizome

**Part used:** tuber

**Meridian:** liver

**Taste:** sweet

**Usage:** to clear collateral channels and to relieve rheumatic pain, given with Jin Yin Hua (*Lonicera japonica*/honeysuckle flower) and Huai Niu Xi (*Achyranthes bidentata*/'Ox knee'). Given with Ban Xia (*Pinellia ternata*/'Half summer') and Bai Zhu (*Atractylodes macrocephala*) in the treatment of migraine, eye

	disorders and dizziness. Excellent for women suffering headaches, especially after childbirth.	
<b>Dosage:</b>	3-9g boiled in water, 1-1.5g as a powder	
<b>Tian Men Dong</b>	<i>Asparagus cochinchinensis</i>	Tuber of Chinese asparagus
<b>Part used:</b>	root, raw and sliced	
<b>Meridians:</b>	lungs, kidneys	
<b>Taste:</b>	bitter-sweet	
<b>Purpose:</b>	to restore deficient yin. Dispels heat and strengthens the kidneys and lungs.	
<b>Usage:</b>	to treat a dry cough with little mucus, or coughing up of blood, use with Mai Men Dong ( <i>Ophiopogon japonicus</i> /'Lush winter wheat') and Bei Mu ( <i>Fritillaria verticillata</i> /fritillaria bulb). For use in the treatment of whooping cough with Mai Men Dong ( <i>Ophiopogon japonicus</i> /'Lush winter wheat') and Bai Bu ( <i>Stemona sessilifolia</i> /stemona root).	
<b>Dosage:</b>	6-12g	
<b>Tu Si Zi</b>	<i>Cuscuta chinensis</i>	Dodder seeds
<b>Part used:</b>	seeds, boiled and crushed, sometimes in cake form	
<b>Meridians:</b>	kidneys, lungs	
<b>Taste:</b>	sweet	
<b>Purpose:</b>	to treat deficient yang in the kidneys, which causes frequent urination. Also used to prevent miscarriages and to help restore the function of the kidneys and menstrual cycle	
<b>Dosage:</b>	6-12g	
<b>Wu Wei Zi</b>	<i>Schizandra chinensis, S. sphenanthera</i>	Schisandra fruit
	The Chinese name means 'the fruit which has five tastes'. It has two forms, northern ( <i>S. Chinensis</i> ) and southern ( <i>S. sphenanthera</i> ).	
<b>Part used:</b>	fruit, raw or steamed with vinegar or rice wine	
<b>Meridians:</b>	kidneys, heart, lungs	
<b>Taste:</b>	sour	
<b>Usage:</b>	for coughs caused by weakness of the lungs, sometimes in combination with ginseng. Use with Mai Men Dong ( <i>Ophiopogon japonicus</i> /'Lush winter wheat') to treat patients who sweat, have a dry mouth, tire easily and are depressed.	
<b>Dosage:</b>	1.5-6g	
<b>Xin Yi Hua</b>	<i>Magnolia liliiflora</i>	Magnolia flower
<b>Part used:</b>	flower	
<b>Meridians:</b>	none specific	
<b>Taste:</b>	tangy	
<b>Usage:</b>	for the treatment of rhinitis and nasosinusitis. Clears running nose and headaches.	
<b>Dosage:</b>	1-3g	

<b>Yin Yang Huo</b>	<i>Epimedium brevicornum, E. grandiflorum, E. sagittatum</i>	'Lentious goat wort'
<b>Part used:</b>	the whole plant apart from the root	
<b>Meridians:</b>	liver, kidneys	
<b>Taste:</b>	sweet	
<b>Usage:</b>	used to treat high blood pressure in elderly women, impotence and paralysis of the lower limbs.	
<b>Dosage:</b>	3-9g	
<b>Yu Xing Cao</b>	<i>Houttuynia cordata</i>	'Fishy smelling herb'
<b>Part used:</b>	whole herb	
<b>Meridians:</b>	kidneys, lungs	
<b>Taste:</b>	sweet with a fishy odour, hence it is also known as the smelly fishy plant	
<b>Usage:</b>	the treatment of lung and kidney disorders.	
<b>Dosage:</b>	9-30g	
<b>Yuan Zhi</b>	<i>Polygala tenuifolia</i>	Root of Chinese senega
<b>Part used:</b>	root, chopped and treated with liquorice	
<b>Meridians:</b>	lungs, heart, kidneys	
<b>Taste:</b>	bitter	
<b>Usage:</b>	for treatment of irritability, insomnia and depression.	
<b>Dosage:</b>	3-9g	
<b>Zi Su Ye</b>	<i>Perilla frutescens</i>	Perilla leaf
<b>Part used:</b>	leaves	
<b>Meridians:</b>	spleen, lungs	
<b>Taste:</b>	sweet	
<b>Usage:</b>	to promote ch'i, to relieve pain and tightness in the abdomen, to cancel out the effects of food poisoning (especially when caused by seafood), to ease vomiting and diarrhoea.	
<b>Dosage:</b>	6-12g	

Also part of the herbalist's traditional repertoire will be such well-known herbs as ginseng, garlic and ginger. Ginseng (Panax ginseng) is the dried root of the Ren Shen plant which is grown mainly in Japan and Korea. Its main uses are to help strengthen weak bodies and to help patients recovering after illness. It is used extensively as a nutritive and restorative tonic and to treat impotence, neurasthenia, spermatorrhoea, anaemia, senility, uterine disorders and nephritis.

Ginger is the fresh root of *Zingiber officianale* (Gan Jiang) and is used mainly as a stomach restorative. It is used in the treatment of nausea and vomiting as well as diarrhoea, rheumatism, abdominal and spleen ache and sometimes for strider - obstructed breathing.

Garlic (*Allium sativum*) known as Xie Bai to the Chinese, is used to thin the blood. It is known to reduce blood cholesterol, prevent heart disease, aid digestion and to lower blood pressure.

The preferred form of the vitamins and amino acids are shown in Table 4. "Pepsin" refers to commercially available pepsin digest.

TABLE 4VITAMINS AND AMINO ACIDS

Vitamins & Amino Acids	Method
L-Phenylaline	Extraction
Vitamin C	Extraction
Vitamin E	Extraction
Vitamin ED	Extraction
Inositol	Trace Mineral
Selenium Methionine	Trace Mineral
Soya Isolate	Trace Mineral
Trace Mineral Clay	Trace Mineral
Lysine	Compound
Pepsin	Compound
Whey Protein	Compound
Zinc Amino Acid Chelate	Compound
Co-enzyme Q	
Superoxide Dismutase	
Vegetable enzymes	
Iron Gluconate	
Copper amino acid gluconate	
Calcium amino acid gluconate	
L-Threonine	
Chromium niacin	
Selenium methionine	
L-phenylalanine	

The invention will now be described by way of example.

The product formulae below show the dosage, for the disorders treatable by the composition, the amounts of the components used and therapies which may be used in combination with the compositions. Typically capsules contain between 200mg and 1g of composition per capsule.

The formulations may be taken neat or diluted with, for example 50% volume/volume cordial, fruit juice or lemonade.

The dosages may be separated into, for example, 3 equal doses taken after breakfast, lunch and an evening meal.

Skin care, massage and sports injury remedies may be applied topically directly onto the area to be "treated".

The Aloe vera, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are all commercially available products.

The Aloe vera products, heat lotion and propolis creme may be obtained from Forever Living Products (UK) Ltd, Longbridge Manor, Longbridge,

Warwick, Warwickshire, United Kingdom. Aloe vera "juice" comprises as main ingredients stabilised Aloe vera gel, sorbitol, lemon juice, vitamin E, sodium benzoate and papain. "Pure" Aloe vera comprises stabilised Aloe vera gel, sorbitol, citric acid, vitamin E, sodium benzoate and papain. Aloe vera "nectar" comprises raw Aloe vera gel, fructose, sorbitol, cranberry and apple juice concentrate, ascorbic acid, citric acid, potassium sorbate, sodium benzoate, xanthan gum, tocopherol and colourings.

Heat lotion comprises stabilized Aloe vera gel, DI water, propylene glycol, stearic acid, glyceryl stearate, triethanolamine, eucalyptus oil, methyl salicylate, apricot kernel oil, sesame oil, cetyl alcohol, petrolatum, lanolin, jojoba oil, oleic acid, stearyl stearate, dioctyl adipate, octyl stearate, octyl palmitate, PEG-100 stearate, allantoin, mineral oil, lanolin alcohol, ascorbic acid, diazolidinyl urea, methylparaben and propylparaben.

Propolis creme comprises stabilized Aloe vera gel, glyceryl stearate (and) PEG-1-00 stearate, propylene glycol, cetyl alcohol, dioctyl adipate (and) octyl stearate (and) octyl palmitate, lanolin, sorbitol, allantoin, bee propolis extract, lanolin alcohol, dimethicone, mineral oil, imodazolidinyl, urea, vitamins A & E, comfrey extract, chamomile extract, triethanolamine, ascorbic acid, methylparaben, propylparaben, fragrance.

Rescue remedy is a composition of five Bach flower remedies: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis.

Except where indicated, the essential oils, Chinese herbs/Indian spices, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are mixed together in the amounts indicated with sufficient Aloe vera to make the final formulation up a final volume of 1,000 ml.

All components are from commercial sources. Vegetable enzymes are obtained as a commercially available product from "G and G Foods (UK)".

Initial results indicate that the specific essential oil and herb/spice combination of the invention provides effective compositions for medical and/or cosmetic use.

PATIENT PILOT STUDY

From a database of 250 people, having been diagnosed by their own practitioner as having M.E./Chronic Fatigue Syndrome, 80 responded to the inventors for information requesting to take the particular formula.

The findings of this initial pilot study indicated:

- i) One third of the respondents diagnosed with M.E./Chronic Fatigue Syndrome did not have this condition. Most had Candida, depression or arthritis. A number suffered from a combination. Due to the similarity and overlap of many symptoms, without practitioners being able to measure the response by administering separate formula for each of these conditions, it is not possible for them to accurately disseminate between these four conditions.
- ii) When a patient has been accurately diagnosed and they take the respective formula, as shown in Table 5, correctly, a full recovery is apparent at the end of the 25 day ingestion period.
- iii) A pattern also became evident with about one third of patients making a partial recovery and in a few cases no realistic recovery. In all these cases it became apparent each respective formula of the inventors was being frustrated. After further discussion and analysis of the patient records a clear pattern emerged.

In the majority of cases these patients had been exposed to either one or a combination of the following traditional treatments:

	<u>Side Effects</u>
(a) X-rays/scans	Medical irradiation
(b) Medical drugs	Misfunction
(c) Amalgam dental fillings	Mercury poisoning
(d) Organophosphate exposure	Nervous system

- iv) The inventors then developed an additional 'body cleanser/irrigator' formula (Table 6). After taking this 25 day formula the original formula still resting within these patients was then released to perform.
- v) Due to the alarming number of patients from referrals and potential patients suffering from the side effects of the above traditional treatments, the Foundation has successfully combined the 'irrigator' within each of its main formula. This prevents patients from having to take two formulae which doubles both the cost and time.

TABLE 5

Essential Oils		Herbs/Spices
Bergamot	1/4ml	<b>Herbs: 5:1</b>
Camphor	1/4ml	Bai Guo Ye - 2gm
Chamomile Roman	1/4ml	Ba Ji Tlan - 2gm
Eucalyptus Globulus	1/4ml	Chen Xiang - 2gm
Ginger	1/4ml	Da Huang - 2gm
Juniper	1/4ml	Huang Lian - 2gm
Melissa	1/4ml	Niu Bang Zi - 2gm
Peppermint	1/4ml	Salix Alba - 2gm
Rose Geranium	1/4ml	Zhi Zi - 2gm
Rosemary	1/4ml	<b>Spices:</b>
Tea Tree	1/4ml	Cinnamon Sugar - 10gm
		Cloves 10gm
		Coriander - 10gm
		Garlic - 10g
		Juniper Berries - 10gm

Base Ingredients	Flavouring
<u>Honey Products</u> Royal Jelly - 20gm Bee Propolis - 20gm	<u>Aloe Vera/Amino Acids/ Vitamins</u> <u>Aloe Vera:</u> $\frac{2}{3}$ litre
<u>Enzymes/Minerals</u> <u>Enzymes:</u> Vegetable Enzymes - 30gm  <u>Minerals:</u> Calcium - 10gm Garlic - 20gm Inositol - 25gm Iron - 10gm Mineral Clay Powders - 30gm	<u>Amino Acids:</u> Copper Amino Acid Chelate - 30gm Lithium Threonine - 30gm Superoxide Dismutase (S.O.D.) - 30gm Zinc Amino Acid Chelate - 5gm  <u>Vitamins:</u> VIT C - 30gm VIT E D - Alpha Tocopherol - 10gm

TABLE 6

Aloe Vera	Essential Oils	Chinese Herbs/Indian Spices
Nectar	Bergamot 1ml Chamomile German 1ml Chamomile Maroc 1ml Chamomile Roman 1ml Cinnamon Zeylanicum 1ml Clove Buds 1ml Eucalyptus Globulus 1ml Frankincense 1ml Fennel 1ml Hyssop 1ml Juniper 1ml Lemon Grass 1ml Mountain Savoury 1ml Niaouli 1ml Red Thyme 1ml Rosemary 1ml Rose Geranium 1ml Tagetes 1ml Ylang Ylang 1ml	<b>Chinese Herbs:</b> Acacia Catechu - 30gm Acanthopanax Gracilistylus - 30gm Caesalpinia Sappan - 30gm Epimedium Spinosa - 30gm  <b>Indian Spices:</b> Asapoetidia - 20gm Coconut Cream Block - 20gm Coriander - 20gm Fenugreek - 20gm Horseradish Ribbled - 20gm

Honey Products	Vitamins/Amino Acids	Other	Therapies
Royal Jelly - 4000gm Bee Propolis - 1ml	VIT C - 30gm VIT E D - Alpha Tocopherol - 30gm Inositol - 2500mg Pepsin - 30gm Selenium Methionine - 30gm Soya Isolate - 30gm Trace Mineral Clay - 30gm Whey Protein - 50gm Zinc Amino Acid Chelate - 30gm	Indian Brandee - 20ml Blackcurrant Concentrate - 20ml	Chinese Acupuncture - 2 sessions

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula A		- 2 capsules 3 times daily over 20 days		* + Formula Z - CRA - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)	
Angina	Artery Walls	Diabetes	Heartburn	Tumour	
Asthma		Emphysema	Raynard's Disease		
		*Meningitis	*Strokes & Heart Attacks		
Essential Oils		Herbs/Spices	Base Ingredients	Flavouring	
Basil		Herbs: 5:1 1/6ml Bai Guo Ye (Ginkgo) - 2gm 1/6ml Bu Gu Zhi - 2gm 1/6ml Ban Xia - 2gm 1/6ml Chen Xiang - 2gm 1/6ml Da Huang - 2gm 1/6ml Dang Shen - 2 gm 1/6ml Er Cha - 2gm 1/6ml Ge Gen - 2gm 1/6ml Grapeseed - 15mcg 1/6ml Lu Jiao Shuang - 2gm 1/6ml Ma Dou Ling - 10gm (1:1) (Nat UK) 1/6ml Mai Men Dong - 2gm 1/6ml Mao Zhao Cao (Cats Claw) - 2gm 1/6ml Niu Bang Zi - 2gm 1/6ml Pycnogenol - 10mcg 1/6ml Salix Alba (White Willow) - 10gm 1:1 1/6ml Shen Jin Cao - 2gm 1/6ml Shu Di Huang - 2gm 1/6ml Su Mu - 2gm 1/6ml Suan Zao Ren - 2gm 1/6ml Tian Nan Xing - 2gm 1/6ml Wu Jia Pi - 2gm 1/6ml Xing Ren - 2gm 1/6ml Zhen Zhu Mu - 2gm 1/6ml Zhi Mu - 2gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Superoxide Dismutase (S.O.D.) - 15gm Zinc Amino Acid Chelate 20% - 5gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm	
Bergamot			Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - 1/2 litre		
Camphor			Amino Acids: L-Threonine - 15gm		
Chamomile German					
Chamomile Maroc					
Chamomile Roman					
Cinnamon Leaf					
Clove Buds					
Dill					
Eucalyptus Globulus					
Fennel					
Frankincense					
Hyssop					
Juniper					
Lavender					
Lemon Grass					
Mountain Savoury					
Niaouli					
Peppermint					
Rose Geranium					
Rosemary					
Tageses					
Thyme Red					
Ylang Ylang					

## SUBSTITUTE SHEET (RULE 26)

PRODUCT FORMULA BY ALIMENT & ILLNESS

Product Formula B		- 2 capsules 3 times daily over 20 days									
		• + Formula Z - CRB - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)									
		• + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)									
		•*Candida (Thrush/Cystitis)      Endometritis      Indigestion      Irritable Bowel •*Cocci      Hepatitis      Menopause      Pre-Menstrual Syndrome •*Abscess      Crohn's Disease      Hiatus Hernia      Menstrual Disorders      Ulcers - External •*Alcoholism      Diverticulitis      HRT      Ulcers - Internal									
Essential Oils	Herbs/Spices	Honey Products	Base Ingredients	Flavouring							
Bergamot	Herbs: 5:1 1/6ml	Bai Guo Ye (Ginkgo) - 2gm	Aloe Vera/Alpha Acid/ Vitamin E	Honey - 20ml							
Black Pepper	1/6ml	Bai Zhu - 2gm	Aloe Vera:	Indian Brandee - 20ml							
Camphor	1/6ml	Chai Hu - 2gm	Over 70 nutrients - 1/4 litre	Vanilla - 50gm							
Chamomile German	1/6ml	Da Huang - 2gm									
Chamomile Matoc	1/6ml	Dang Gui - 2gm (Dong Quai)	Amino Acids:								
Chamomile Roman	1/6ml	Dang Shen - 2gm	Glutamine - 15gm								
Cinnamon Leaf	1/6ml	Er Cha - 2gm	L-Theanine - 15gm								
Clove Buds	1/6ml	Grapeseed - 15mcg	Pyrogenol - 10mcg								
Eucalyptus Globulus	1/6ml	Gu Ban - 2gm	Superoxide Dismutase (S.O.D.) - 15gm								
Fennel	1/6ml	Jin Quian Cao - 2gm									
Frankincense	1/6ml	Jin Yin Hua - 2gm									
Hyssop	1/6ml	Lu Jiao Shuang - 2gm									
Juniper Berry	1/6ml	Maо Zhao Cao (Cats Claw) - 2gm									
Lemon Grass	1/6ml	Pyrogenol - 10mcg									
Mountain Savoury	1/6ml	Saiํe Alba (White Willow) - 10gm 1:1									
Niaouli	1/6ml	Shu Di Huang - 2gm									
Rose Geranium	1/6ml	Su Mu - 2gm									
Rosemary	1/6ml	Wu Jia Pi - 2gm									
Sweet Marjoram	1/6ml	Yan Hu Suo - 2gm									
Tageses	1/6ml	Zhi Zi - 2gm									
Thyme Red	1/6ml										
Ylang Ylang	1/6ml										

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula C1 Cold Antidote		(Prevention) - 2 capsules x 3 times daily for 20 days ** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)	
		Influenza Antidote Coughs/Branchitis	
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hysop Juniper Lemon Grass Mountain Savoury Myrtle Red Niaouli Patchouli Pine Rose Geranium Rosemary Spanish Majororam Sweet Thyme Tagetes Thyme Red Ylang Ylang	<p><b>Herbs: 5:1</b></p> <p>Da Huang - 2gm Echinacea Angustifolia - 10gm (1:1)</p> <p>Er Cha - 2gm Huang Lian - 2gm Jin Yin Hua - 2gm Jie Geng - 2gm Lian Zi (Red) - 2gm Long Yan Rou - 2gm Niu Bang Zi - 2gm Sang Ye - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Xing Ren - 2gm</p> <p><b>Spices:</b></p> <p>Asafoetida - 10gm Cassia - 10gm Chili Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Cream of Tartar - 10gm Fenugreek - 10gm Horsradish Ribbed - 10gm Juniper Berries - 10g Mace Ground - 10gm Onion - 10gm</p>	<p><b>Honey Products</b></p> <p>Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm</p> <p><b>Enzymes/Minerals</b></p> <p>Enzymes: Vegetable Enzymes - 15gm</p> <p><b>Minerals:</b></p> <p>Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm</p>	<p><b>Aloe Vera/Amino Acids/ Vitamin Ins</b></p> <p><b>Aloe Vera:</b> Over 70 nutrients - <math>\frac{1}{4}</math> litre</p> <p><b>Amino Acids:</b> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm</p> <p><b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm</p>

## SUBSTITUTE SHEET (RULE 26)

PRODUCT FORMULA BY AILMENT & ILLNESS

<b>Product Formula C2</b>	<b>(Cure) - Phial (single 50ml dose)</b>
	* + Formula Z - CRC2 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)
	** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

**Cold Antidote****Coughs/Bronchitis****\*Influenza Antidote****\*\*Pneumonia**

Essential Oils	Herbs/Spices	Honey Products	Base Ingredients	Flavouring
Camphor Chamomile Roman Eucalyptus Globulus Grand Fir Juniper Melissa Patchouli Tea Tree	Herbs: 5:1 1/6ml Che Qian Cao - 2gm 1/6ml Dan Shen - 2gm 1/6ml Echinacea Angustifolia - 10gm 1/6ml Huang Lian - 2gm 1/6ml Jie Geng - 2gm 1/6ml Jin Yin Hua - 2gm 1/6ml Lian Zi (Red) - 2gm 1/6ml Long Yan Rou - 2gm 1/6ml Niu Bang Zi - 2 gm 1/6ml Sang Ye - 2gm 1/6ml Xing Ren - 2gm	Honey Products Royal Jelly - 10gm Bee Propolis - 10gm	Vitamins/Amino Acids VIT C - 15gm Inositol - 10gm Lysine (Amino Acid) - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

## PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula D			
*Followed by Formula F - Clarissa Balancing System - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) *Psychopathical Social Violence Mental Breakdown Post Natal Depression Stress			
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil	1/8ml	<u>Herbs: 5:1</u> Bai Dou Kou - 2gm	<u>Honey Products</u> Royal Jelly - 3:1 - 7gm
Bergamot	1/8ml	Bai Guo Ye (Ginkgo) - 2gm	<u>Aloe Vera:</u> Aloe Vera
Chamomile German	1/8ml	Bai He - 2gm	Over 70 nutrients - 3/4 litre
Chamomile Marioc	1/8ml	Da Huang - 2gm	
Chamomile Roman	1/8ml	Dang Shen - 2gm	
Cinnamon Leaf	1/8ml	Du Zhong - 2gm	<u>Amino Acids:</u> L-Threonine - 15gm
Clove Buds	1/8ml	Er Cha - 2gm	Phosphatidyl Cholim - 10gm
Eucalyplus Globulus	1/8ml	Grapeseed - 15mcg	Superoxide Dismutase (S.O.D.) - 15gm
Fennel	1/8ml	Gul Ban - 2gm	
Frankincense	1/8ml	Pycnogenol - 10mcg	<u>Minerals:</u> Calcium Amino Acid Chelate 20% -
Grapefruit	1/8ml	Su Mu - 2gm	10gm
Hysop	1/8ml	Tian Ma - 2gm (Not UK)	VIT C - 15gm
Juniper	1/8ml	Wu Jia Pi - 2gm	VIT E D - Alpha Tocopherol - 10gm
Lemon Grass	1/8ml	Yin Yang Huo - 2gm	
Melissa	1/8ml	Spices: Aniseed - 10gm	
Mountain Savoury	1/8ml	Asafoetida - 10gm	
Niaouli	1/8ml	Chilli - 10gm	
Rose Geranium	1/8ml	Coconut Cream Block - 10gm	
Rosemary	1/8ml	Coconut Ground - 10gm	
Sweet Marjoram	1/8ml	Coriander - 10gm	
Tagesles	1/8ml	Fenugreek - 10gm	
Thyme Red	1/8ml	Horseradish Ribbed - 10gm	
Ylang Ylang	1/8ml	Mace Ground - 10gm	
		Mixed Spices Sweet - 10gm	

**SUBSTITUTE SHEET (RULE 26)**

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula E		- 2 capsules 3 times daily over 20 days			
Ear Ache, Throat Infections	Eye Infections	Eye Retina Glaucoma		Gum Disorders Hay Fever	
Essential Oils		Herbs/Spices		Base Ingredients	
Aniseed	1/6ml	Herbs: 5:1	Honey Products	Aloe Vera/ Amino Acids/ Vitamins	Flavouring
Bergamot	1/6ml	Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	Honey - 20ml
Camphor	1/6ml	Er Cia - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 3/4 litre	Indian Brandee - 20ml
Carrot	1/6ml	Grapeseed - 15mcg			Vanilla - 50gm
Chamomile German	1/6ml	Jin Yin Hua - 2gm			
Chamomile Maroc	1/6ml	Pycnogenol - 10mcg			
Chamomile Roman	1/6ml	Qiang Huo - 2gm			
Cinnamon Leaf	1/6ml	Salix Alba (White Willow) - 10gm			
Clove Buds	1/6ml	1:1	Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D) - 15gm	
Dill	1/6ml	Su Mu - 2gm			
Eucalyptus Globulus	1/6ml	Tian Nan Xing - 2gm			
Fennel	1/6ml	Wu Bei Zi - 2gm			
Frankincense	1/6ml	Wu Jia Pi - 2gm			
Hazel	1/6ml	Xing Ren - 2gm			
Hyssop	1/6ml	Yan Hu Suo - 2gm			
Juniper Berry	1/6ml	Zhi Zi - 2gm			
Lavender	1/6ml	Spices:			
Lemon Grass	1/6ml	Arrowroot - 10gm			
Mountain Savoury	1/6ml	Asafoetida - 10gm			
Niaouli	1/6ml	Chilli - 10gm			
Peppermint	1/6ml	Cloves - 10gm			
Rose Geranium	1/6ml	Coconut Cream Block - 10gm			
Rosemary	1/6ml	Coriander - 10gm			
Sweet Marjoram	1/6ml	Fennel - 10gm			
Tagetes	1/6ml	Fenugreek - 10gm			
Thyme Red	1/6ml	Horseradish Ribbed - 10gm			
Rhyme Sweet	1/6ml	Maca Ground - 10gm			
Ylang Ylang	1/6ml	Mixed Spices - Sweet - 10gm			
		Paprika - Sweet - 10gm			

PRODUCT FORMULA BY AILMENT & ILLNESS**Product Formula F - CBA** 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Clarissa Carer - Personal Balancing System  
- Lack of Self Confidence

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Agimon - 1ml Crab Apple - 1ml Sweet Chestnut - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 1/6ml Bai Dou Kou - 2gm 1/6ml Da Huang - 2gm 1/6ml Ji Xue Teng - 2gm 1/6ml 1/6ml 1/6ml 1/6ml	Aloe Vera Pure - 20ml Honey 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**Product Formula F - CBB** 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Clarissa Carer - Personal Balancing System  
- Love and Contentment

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Aspen - 1ml Chicory - 1ml Gorse - 1ml Mimulus - 1ml Verbain - 1ml Wild Rose - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 1/6ml Da Huang - 2gm 1/6ml Gou Teng - 2gm 1/6ml 1/6ml 1/6ml 1/6ml	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS**Product Formula F - CBC** 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**Clarissa Balancing System**

- Fear of Achievement

Flower Remedies	Essential Oils	Herbs/Spices	Base ingredients	Carrier Oils
Beech - 1ml	Bergamot	1/8ml Herbs: 5:1	Aloe Vera Pure - 20ml	Avocado - 10ml
Clematis - 1ml	Chamomile Roman	1/8ml Da Huang - 2gm	Honey - 20ml	Grapeseed - 40ml
Hornbeam - 1ml	Eucalyptus Globulus	1/8ml Jin Ying Zi - 2gm		Hazelnut - 10ml
Larch - 1ml	Fennel	1/8ml Sang Ye - 2gm		
Mustard - 1ml	Hyssop	1/8ml		
Vine - 1ml	Juniper	1/8ml Spices:		
	Niaouli	1/8ml Asafoetida - 10gm		
		1/8ml Cloves Ground - 10gm		

**Product Formula F - CBD** 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**Clarissa Balancing System**

- Anger & Jealousy

Flower Remedies	Essential Oils	Herbs/Spices	Base ingredients	Carrier Oils
Century - 1ml	Bergamot	1/8ml Herbs: 5:1	Aloe Vera Pure - 20ml	Avocado - 10ml
Elm - 1ml	Chamomile Roman	1/8ml Da Huang - 2gm	Honey - 20ml	Grapeseed - 40ml
Impatiens - 1ml	Eucalyptus Globulus	1/8ml Ye Ju Jua - 2gm		Hazelnut - 10ml
Walnut - 1ml	Fennel	1/8ml		
Wild Oat - 1ml	Hyssop	1/8ml Spices:		
	Juniper	1/8ml Cardamom Seeds - 10gm		
	Niaouli	1/8ml Fennigreek Powder - 10gm		

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula F - CBE**      **2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**  
**Clarissa Carer - Personal Balancing System**  
**- Hate & Regret**

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Cerato - 1ml	Bergamot	1/6ml	Herbs: 5:1	Avocado - 10ml
	Chamomile Roman	1/6ml	Da Huang - 2gm	Grapeseed - 40ml
Gentian - 1ml	Eucalyptus Globulus	1/6ml	Fu Pen Zi - 2gm	Hazelnut - 10ml
Heather - 1ml	Fennel	1/6ml		
Hyssop		1/6ml		
Oak - 1ml	Juniper	1/6ml	Caraway Ground - 10gm	
Rock Water - 1ml	Niaouli	1/6ml	Chilli Powder - 10gm	
Scleranthus - 1ml				

**Product Formula F - CBF**      **2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**  
**Clarissa Carer - Personal Balancing System**  
**- Lack of Self Esteem**

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Cherry Plum - 1ml	Bergamot	1/6ml	Herbs: 5:1	Avocado - 10ml
	Chamomile Roman	1/6ml	Che Quian Cao - 2gm	Grapeseed - 40ml
Holly - 1ml	Eucalyptus Globulus	1/6ml	Da Huang - 2gm	Hazelnut - 10ml
Olive - 1ml	Fennel	1/6ml	Su Mu - 2gm	
Red Chestnut - 1ml	Hyssop	1/6ml		
Rock Rose - 1ml	Juniper	1/6ml		
White Chestnut - 1ml	Niaouli	1/6ml		

PRODUCT FORMULA BY ILLNESS**Product Formula F - CBG**    **2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)****Clarissa Carer - Personal Balancing System**  
- Mental Strength & Stamina

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Chestnut Bud 1ml	Bergamot 1/6ml	Herbs: 5:1 Da Huang - 2gm	Aloe Vera Pure - 20ml	Avocado - 10ml
Honeysuckle - 1ml	Chamomile Roman 1/6ml	Gou Teng - 2gm	Honey - 20ml	Grapeseed - 40ml
Pine - 1ml	Eucalyptus Globulus 1/6ml	Hu Huang Lian - 10gm		Hazelnut - 10ml
Star of Bethlehem - 1ml	Fennel 1/6ml			
Water Violet - 1ml	Hyssop 1/6ml			
Willow - 1ml	Juniper 1/6ml			
Rescue Remedy - 1ml	Niaouli 1/6ml	Spices: Coriander Ground - 10gm Lao Powder - 10gm		

**Product Formula F - CBH**    **2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)****Clarissa Carer - Personal Balancing System**  
- Guilt & Responsibility

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Aspen - 1ml	Bergamot 1/6ml	Herbs: 5:1 Bai Guo - 2gm	Aloe Vera Pure - 20ml	Avocado - 10ml
Cherry Plum - 1ml	Chamomile Roman 1/6ml	Da Huang - 2gm	Honey - 20ml	Grapeseed - 40ml
Elm - 1ml	Eucalyptus Globulus 1/6ml	Hu Po - 2gm		Hazelnut - 10ml
Honeysuckle - 1ml	Fennel 1/6ml			
	Hyssop 1/6ml			
	Juniper 1/6ml			
	Niaouli 1/6ml	Spices: Cardamom - 10gm Fennel Powder - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS**Product Formula F - CBT** 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

## Clarissa Balancing System

Clarissa Carer - Personal Balancing System  
- Abuse, Trauma & Shock

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Chicory - 1ml	Bergamot 1/6ml	Herbs: 5:1 Chai Tui - 2gm	Aloe Vera Pure - 20ml	Avocado - 10ml
Gorse - 1ml	Chamomile Roman 1/6ml	Da Huang - 2gm	Honey - 20ml	Grapeseed - 40ml
Rescue Remedy - 1ml	Eucalyptus Globulus 1/6ml	Jin Ying Zi - 2gm		Hazelnut - 10ml
	Fennel 1/6ml			
	Hyssop 1/6ml			
	Juniper 1/6ml			
	Niaouli 1/6ml	Spices: Carob - 10gm Dill - 10gm		

**Product Formula F - CBV** 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

## Clarissa Balancing System

Clarissa Balancing System  
- Bereavement/Loss

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Centaury - 1ml	Bergamot 1/6ml	Herbs: 5:1 Ba Ji Tian - 2gm	Aloe Vera Pure - 20ml	Avocado - 10ml
Chicory - 1ml	Chamomile Roman 1/6ml	Da Huang - 2gm	Honey - 20ml	Grapeseed - 40ml
Hornbeam - 1ml	Eucalyptus Globulus 1/6ml	Xian He Cao - 2gm		Hazelnut - 10ml
Rock Water - 1ml	Fennel 1/6ml			
	Hyssop 1/6ml			
	Juniper 1/6ml	Spices: Anise Star - 10gm		
	Niaouli 1/6ml	Chilli - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula G	Phial (Single 50ml dose)	Herbs/Spices	Vitamins/Amino Acids	Flavouring																							
Gastroenteritis Sickness	<table border="1"> <thead> <tr> <th>Essential Oils</th> <th>Herbs: 5:1</th> <th>Spices:</th> <th></th> </tr> </thead> <tbody> <tr> <td>Chamomile Maroc 1/8ml</td><td>Bai Jiang Cao - 2gm</td><td>Carob - 10gm</td><td>Vanilla - 50gm</td></tr> <tr> <td>Hysop 1/8ml</td><td>Bai Zhu - 2gm</td><td>Coconut Powder - 10gm</td><td>Honey - 10ml</td></tr> <tr> <td>Lavender 1/8ml</td><td>Da Huang - 2gm</td><td>Fenugreek - 10gm</td><td>Indian Brandy - 10ml</td></tr> <tr> <td>Niaouli 1/8ml</td><td>Shen Jin Cao - 2gm</td><td></td><td></td></tr> <tr> <td></td><td></td><td></td><td></td></tr> </tbody> </table>	Essential Oils	Herbs: 5:1	Spices:		Chamomile Maroc 1/8ml	Bai Jiang Cao - 2gm	Carob - 10gm	Vanilla - 50gm	Hysop 1/8ml	Bai Zhu - 2gm	Coconut Powder - 10gm	Honey - 10ml	Lavender 1/8ml	Da Huang - 2gm	Fenugreek - 10gm	Indian Brandy - 10ml	Niaouli 1/8ml	Shen Jin Cao - 2gm							VIT C - 15gm Inositol - 25gm Vegetable Enzymes - 15gm	
Essential Oils	Herbs: 5:1	Spices:																									
Chamomile Maroc 1/8ml	Bai Jiang Cao - 2gm	Carob - 10gm	Vanilla - 50gm																								
Hysop 1/8ml	Bai Zhu - 2gm	Coconut Powder - 10gm	Honey - 10ml																								
Lavender 1/8ml	Da Huang - 2gm	Fenugreek - 10gm	Indian Brandy - 10ml																								
Niaouli 1/8ml	Shen Jin Cao - 2gm																										

PRODUCT FORMULA BY AILMENT & ILLNESSProduct Formula HPhial (Single 50ml dose)

Essential Oils	Herbs/Spices	Vitamins/Amino Acids	Flavouring
Basil Bergamot Camphor Chamomile Roman Dill Eucalyptus Globulus Fennel Ginger Hyssop Juniper Niaouli Patchouli	Herbs: 5:1 1/6ml Da Huang - 2gm 1/6ml Salix Alba (White Willow) - 10gm 1:1 1/6ml Su Mu - 2gm 1/6ml Yan Hu Suo - 2gm 1/6ml Yang Rong Wan - 2gm (Patent)  Spices: 1/6ml Caraway Ground - 10gm 1/6ml Fennel - 10gm 1/6ml	VIT C - 15gm Inositol - 25gm Vegetable Enzymes - 15gm	

SUBSTITUTE SHEET (RULE 26)

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

## Product Formula I - 2 capsules 3 times daily over 20 days

## Infertility

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil	Herbs: 5:1	Honey Products: Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml
Bergamot	1/8ml Da Huang - 2gm		Indian Brandee - 20ml
Chamomile German	1/8ml Er Cha - 2gm		Vanilla - 50gm
Chamomile Maroc	1/8ml Huai Jiao Zi - 2gm		
Chamomile Roman	1/8ml Lian Zi (Red) - 2gm		
Cinnamon Leaf	1/8ml Lu Jiao Shuang - 2gm		
Clove Buds	1/8ml Su Mu - 2gm		
Eucalyptus Globulus	1/8ml Wu Jia Pi - 2gm		
Fatigue			
Fennel	1/8ml Spices: Asafoetida - 10gm	Minerals: Calcium Amino Acid Chelate 20% - 10gm	Vitamins: VIT C - 15gm
Frankincense	1/8ml Carob - 10gm	Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm
Hyssop	1/8ml Chilli Powder - 10gm	Garlic - 5gm	
Juniper	1/8ml Cinnamon Sugar 10gm	Inositol 25gm	
Lavender	1/8ml Coconut Cream Block - 10gm	Iron Gluconate 12.5% - 10gm	
Lemon Grass	1/8ml Coriander - 10gm	Mineral Clay Powders - 15gm	
Mountain Savoury	1/8ml Fenugreek - 10gm	Zinc Amino Acid Chelate 20% - 5gm	
Niaouli	1/8ml Ginger - 10gm		
Patchouli	1/8ml Horseradish Ribbed - 10gm		
Rose Geranium	1/8ml Juniper Berries - 10gm		
Rosemary	1/8ml Mace Ground - 10gm		
Tageses	1/8ml		
Thyme Red	1/8ml		
Ylang Ylang	1/8ml		

## SUBSTITUTE SHEET (RULE 26)

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula J		- 2 capsules 3 times daily over 20 days			- 2 capsules 3 times daily over 20 days		
		* + Formula Z - CRJ - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)			* + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)		
		** Athletes Foot * Bather's Disease * Acne * Aids * Alzheimer's Disease			* Herpes Dermatitis Eczema ** Cancer		
Essential Oils	Herbs/Spices	Honey Products	Aloe Vera/Amino Acids/Vitamins	Base Ingredients	Honey	Flavouring	
Bergamot	1/6ml	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Aloe Vera: Over 70 nutrients - 3% litre	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm		
Camphor	1/6ml	Ba Ji Tian - 2gm					
Chamomile German	1/6ml	Da Huang - 2gm					
Chamomile Maroc	1/6ml	Dang Shen - 2gm					
Chamomile Roman	1/6ml	Er Cha - 2gm					
Cinnamon Leaf	1/6ml	Grapeseed - 15mcg					
Clove Buds	1/6ml	Psynogenol - 10mcg					
Eucalyptus Globulus	1/6ml	Salix Alba (White Willow) - 10gm					
Fennel	1/6ml	1:1					
Frankincense	1/6ml	Shu Di Huang - 2gm	Calcium Amino Acid Chelate 20% -				
Hyssop	1/6ml	Su Mu - 2gm	10gm				
Juniper	1/6ml	Wu Jia Pi - 2gm	Copper Amino Acid Chelate 20% -				
Lemon Grass	1/6ml	Wu Yao - 2gm	15gm				
Mountain Savoury	1/6ml	Zhan Zhu Mu - 2gm	Garlic - 5gm				
Niaouli	1/6ml		Insitol 25gm				
Rosemary	1/6ml		Iron Gluconate 12.5% - 10gm				
Rose Geranium	1/6ml		Mineral Clay Powders - 15gm				
Tagetes	1/6ml		Zinc Amino Acid Chelate 20% -				
Thyme Red	1/6ml		5gm				
Ylang Ylang							

## SUBSTITUTE SHEET (RULE 26)

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula K	- 2 capsules 3 times daily over 20 days		
Cerebral Palsy	Epilepsy	Mumps	Scarlet Fever
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil	1/6ml	<u>Honey Products</u> Royal Jelly - 3.1 - 7gm	Honey - 20ml
Bergamot	1/6ml	Bee Propolis - 4:1 - 5gm	Indian Brandee - 20ml
Carrot	1/6ml		Vanilla - 50gm
Chamomile German	1/6ml		
Chamomile Maroc	1/6ml		
Chamomile Roman	1/6ml		
Cinnamon Leaf	1/6ml		
Clove Buds	1/6ml		
Eucalyptus Globulus	1/6ml		
Fennel	1/6ml		
Frankincense	1/6ml		
Hysop	1/6ml		
Juniper	1/6ml		
Lemon Grass	1/6ml		
Mountain Savoury	1/6ml		
Niaouli	1/6ml		
Rose Geranium	1/6ml		
Rosemary	1/6ml		
Tagetes	1/6ml		
Thyme Red	1/6ml		
Ylang Ylang	1/6ml		
		<u>Aloe Vera/Amino Acids/Vitamins</u> <u>Aloe Vera:</u> Over 70 nutrients - 3/4 litre	
		<u>Enzymes/Minerals</u> <u>Enzymes:</u> Vegetable Enzymes - 15gm	<u>Amino Acids:</u> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm
		<u>Minerals:</u> Niu Bang Zi - 2gm Su Mu - 2gm Wu Jia Pi - 2gm	<u>Vitamins:</u> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm
			VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm
		<u>Spices:</u> Asafoetida - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coconut Ground - 10gm Coriander - 10gm Dutch Caraway - 10gm Fenugreek - 10gm Horseradish - 10g Mace Ground - 10gm Mixed Spices Sweet - 10gm	Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm

## SUBSTITUTE SHEET (RULE 26)

## PRODUCT FORMULA BY AILMENT & ILLNESS

2 capsules 3 times daily over 20 days

Birth Control

Product Formula L		- 2 capsules 3 times daily over 20 days					
Birth Control		Herbs/Spices		Base Ingredients		Flavouring	
Essential Oils				Honey Products		Aloe Vera/Amino Acids/ Vitamins	
Aniseed	1/8ml	Herbs: 5:1	Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	Honey - 20ml	
Bergamot	1/8ml	Er Cha - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 3/4 litre	Aloe Vera:	Indian Brandee - 20ml	
Chamomile German	1/8ml	He Zi - 2gm				Vanilla - 50gm	
Chamomile Maroc	1/8ml	Jin Ying Zi - 2gm					
Chamomile Roman	1/8ml	Mao Zhao Cao (Cats Claw) - 2gm					
Cinnamon Leaf	1/8ml	Mu Hu Die - 2gm					
Clove Buds	1/8ml	Su Mu - 2gm					
Eucalyptus Globulus	1/8ml	Wu Jia Pi - 2gm					
Fennel	1/8ml	Yam - 2gm					
Frankincense	1/8ml						
Hyssop	1/8ml						
Juniper	1/8ml						
Lavender	1/8ml	Spices:					
Lemon Grass	1/8ml	Asafoetida - 10gm					
Mountain Savoury	1/8ml	Cardamom - 10gm					
Niaouli	1/8ml	Chilli Powder - 10gm					
Rose Geranium	1/8ml	Coconut Cream Block - 10gm					
Rosemary	1/8ml	Coriander - 10gm					
Tageses	1/8ml	Fennel - 10gm					
Thyme Red	1/8ml	Fenugreek - 10gm					
Ylang Ylang	1/8ml	Horseradish Ribbed - 10gm					
		Mace - 10gm					
		Onion - 10gm					

**SUBSTITUTE SHEET (RULE 26)**

## PRODUCT FORMULA BY AILMENT & ILLNESS

**SUBSTITUTE SHEET (RULE 26)**

## PRODUCT FORMULA BY AILMENT & ILLNESS

## DRINK SMART, DRINK SMOOTH, DRINK SMOOTHIE

- 10ml daily preferably at bedtime - 90 days supply

Immune System

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Rose Geranium Rosemary Tagesias Thyme Red Ylang Ylang	<p>Herbs: 5:1 Bai Guo Ye (Ginkgo) - 1gm Bai Zi - 1gm Ban Xia - 1gm Boswellia Serrata - 5gm 1:1 Chai Hu - 1gm Da Huang - 1gm Dang Gui (Dong Quai) - 1 gm Dang Shen - 1gm Er Cha - 1gm Chamaelirium Lutea (False Unicorn) - 1gm Gou Qi Zi (Lycium) - 1gm Grapeseed - 15mcg Lu Jiao Shuang - 1gm Man Jing Zi - 1gm Mao Zhao Cao (Cats Claw) - 1gm Moutan Yam Root - 5gm 1:1 Pycnogenol - 10mcg Rou Cong Rong - 1gm Salix Alba (White Willow) - 5gm 1:1 Shan Zha - 1gm Sheng Ma - 1gm Su Mu - 1gm Wu Jia Pi - 1gm Yi Mu Cao - 1gm Yohimbine (prescription only) - 1gm Spices: Allspice - 5gm Asafoetida - 5gm Caraway Ground - 5gm Chili Powder - 5gm Coconut Cream Block - 5gm Coriander - 5gm Cream of Tartar - 5gm Fenugreek - 5gm Horseradish Ribbed - 5gm Maca Ground - 5gm</p>	<p><u>Honey Products</u> Royal Jelly - 3.1 - 7 gm Bee Propolis - 4.1 - 5 gm</p> <p><u>Enzymes:</u> Co Enzyme Q10 - 10mcg Vegetable Enzymes 4:1 - 7.5gm</p> <p><u>Minerals:</u> Calcium Amino Acid Chelate 20% - 5gm Chromium Niacin - 10mcg Copper Amino Acid Chelate 20% - 7.5gm Devil's Claw - 7.5gm Inositol 12.5gm Iron Gluconate 12.5% - 5gm Magnesium Amino Acid Chelate - 10gm Manganese Gluconate - 10gm Mineral Clay Powders - 7.5gm Molybdenum - 7.5gm Selenium Methionine 5% - 5gm Superoxide Dismutase (S.O.D.) - 7.5gm Zinc Amino Acid Chelate 20% - 2.5gm</p> <p><u>Vitamins:</u> Beta-carotene Dunaliella Salina Algae 2.5% - 7.5gm Biotin - 5mcg Folic Acid - 15gm VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm K1 5% - 1gm</p> <p><u>Nutritional Oils &amp; Fats</u> Cod Liver Powder - 7.5gm Evening Primrose - 15ml Garlic Powder - 5gm Linoleic acid - 7.5gm Linolenic acid - 7.5gm Olive Oil - 15ml</p>	<p>Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm</p> <p><u>Aloe Vera:</u> Over 70 nutrients including all vitamins B1-B16 - 3/4 litre</p> <p><u>Amino Acids:</u> Glucosamine (n-Acetyl-d) - 7.5gm Glutamine - 15gm Hesperidin Complex - 7.5gm Histidine - 7.5gm Isoleucine - 7.5gm L-Aspartic Acid - 7.5gm L-Phenylalanine - 7.5gm Lecithin - 7.5gm Lysine - 7.5gm L-Taurine - 7.5gm L-Threonine - 7.5gm Phosphatidyl Choline - 10gm</p>

**SUBSTITUTE SHEET (RULE 26)**

## PRODUCT FORMULA BY AILMENT & ILLNESS

**2 capsules 3 times daily over 20 days**

## Partial & Total Deafness

Product Formula O		- 2 capsules 3 times daily over 20 days				
Partial & Total Deafness		Herbs/Spices		Base Ingredients		Flavouring
Essential Oils						
Basil	1/8ml	<u>Herbs: 5:1</u>		<u>Honey Products</u>	<u>Aloe Vera/Amino Acids/Vitamins</u>	Honey - 20ml
Bergamot	1/8ml	Bai Guo Ye (Ginkgo) - 2gm		Royal Jelly - 3:1 - 7gm	Aloe Vera:	Indian Brandee - 20ml
Carrot	1/8ml	Da Huang - 2gm		Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 3/4 litre	Vanilla - 50gm
Chamomile German	1/8ml	Er Cha - 2gm			<u>Amino Acids:</u>	
Chamomile Maroc	1/8ml	Gou Teng - 2gm			L-Threonine - 15gm	
Chamomile roman	1/8ml	Mu Li - 2gm			Superoxide Dismutase (S.O.D.) - 15gm	
Cinnamon Leaf	1/8ml	Sang Ye - 2gm				
Clove Buds	1/8ml	Su Mu - 2gm			<u>Vitamins:</u>	
Eucalyptus Globulus	1/8ml	Wu Jia Pi - 2gm			VIT C - 15gm	
Fennel	1/8ml	Ye Ju Hua - 2gm			VIT E D - Alpha Tocopherol - 10gm	
Frankincense	1/8ml					
Hyssop	1/8ml	<u>Spices:</u>				
Juniper	1/8ml	Anise Star - 10gm			Copper Amino Acid Chelate 20% -	
Lemon Grass	1/8ml	Asafoetida - 10gm			15gm	
Melissa	1/8ml	Cassia - 10gm			Garlic - 5gm	
Mountain Savoury	1/8ml	Chilli Powder - 10gm			Inositol 25gm	
Niaouli	1/8ml	Coconut Cream Block - 10gm			Iron Gluconate 12.5% - 10gm	
Rose Geranium	1/8ml	Coriander - 10gm			Mineral Clay Powders - 15gm	
Rosemary	1/8ml	Fennel - 10gm			Zinc Amino Acid Chelate 20% -	
Tageses	1/8ml	Fenugreek - 10gm			5gm	
Thyme Red	1/8ml	Horseradish Ribbed - 10gm				
Ylang Ylang	1/8ml	Laos - 10gm				
		Maca Ground - 10gm				
		Turmeric - 10gm				

## PRODUCT FORMULA BY AILMENT & ILLNESS

- 2 capsules 3 times daily over 20 days

## Product Formula

## Prostrate Gland

**SUBSTITUTE SHEET (RULE 26)**

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula Q      - 2 capsules 3 times daily over 20 days

Abrasions, Bruises, Burns, Cuts	Bunions	Herbs/Spices	Base Ingredients	Flavouring
Essential Oils				
Aniseed	1/8ml	Herbs: 5:1 Da Huang - 2gm Er Cha - 2gm Jin Yin Hua - 2gm Salix Alba (White Willow) - 10gm 1:1 Su Mu - 2gm Wu Jia Pi - 2gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Aloe Vera/ Amino Acids / Vitamins Aloe Vera: Over 70 nutrients - 1/4 litre
Bergamot	1/8ml			
Camphor	1/8ml			
Chamomile German	1/8ml			
Chamomile Maroc	1/8ml			
Chamomile Roman	1/8ml			
Cinnamon Leaf	1/8ml			
Clove Buds	1/8ml			
Eucalyptus Globulus	1/8ml	Spices: Asafoetida - 10gm Chili Powder - 10gm Cinnamon - 10gm Coconut Cream Block - 10gm Coriander - 10gm Garlic - 5gm Inositol - 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	
Fennel	1/8ml			
Frankincense	1/8ml			
Ginger	1/8ml			
Hyssop	1/8ml			
Juniper	1/8ml			
Lemon Grass	1/8ml			
Mountain Savoury	1/8ml			
Niaouli	1/8ml			
Rose Geranium	1/8ml			
Rosemary	1/8ml			
Tagestes	1/8ml			
Thyme Red	1/8ml			
Ylang Ylang	1/8ml			

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula R		- 2 capsules 3 times daily over 20 days * + Formula 2 - CRR - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)	
Arthritis - Osteo	Arthritis - Rheumatoid	Gout	Inflammation, Back Ache, Sprains
Essential Oils	Essential Oils	Herbs/Spices	Herbs/Spices
Bergamot	1/8ml	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm	Honey Products Royal Jelly - 3:1 - 7gm
Camphor	1/8ml	Bai Ji Tian - 2gm	Bee Propolis - 4:1 - 5gm
Chamomile German	1/8ml	Boswellia Serreta - 1gm	
Chamomile Maroc	1/8ml	Chen Xiang - 2gm	
Chamomile Roman	1/8ml	De Huang - 2gm	
Cinnamon Leaf	1/8ml	Dang Shen - 2gm	
Clove Buds	1/8ml	Ei Cha - 2gm	
Eucalyptus Globulus	1/8ml	Fu Ling - 2gm	
Fatigue	1/8ml	Grapeseed - 15mcg	
Fennel	1/8ml	Jin Yin Hua - 2gm	
Frankincense	1/8ml	Mai Men Dong - 2gm	
Ginger	1/8ml	Mao Zhao Cao (Cats Claw) - 2gm	
Hyssop	1/8ml	Fycnogenol - 10mcg	
Juniper	1/8ml	Salix Alba (White Willow) - 10gm	
Lemon Grass	1/8ml	1:1	
Mountain Savoury	1/8ml	Su Mu - 2gm	
Niaouli	1/8ml	Wu Jia Pi - 2gm	
Red Myrtle	1/8ml	Xian He Cao - 2gm	
Rose Geranium	1/8ml	Yan Hu Suo - 2gm	
Rosemary	1/8ml	Zhi Mu - 2gm	
Tagesies	1/8ml	Spices:	
Thyme Red	1/8ml	Asafoetidia - 10gm	
Ylang Ylang	1/8ml	Cardamom - 10gm	
		Chilli Powder - 10gm	
		Coconut Cream Block - 10gm	
		Coriander - 10gm	
		Dutch Caraway - 10gm	
		Fenugreek - 10gm	
		Horseradish Ribbled - 10gm	
		Juniper Berries - 10gm	
		Laos Powder - 10gm	
		Mace Ground - 10gm	
		Turmeric - 10gm	

SUBSTITUTE SHEET (RULE 26)

PRODUCT FORMULA BY AILMENT & ILLNESSProduct Formula S1**- 2 capsules 3 times daily over 20 days****\*\* + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)****\*\*Energy Booster  
Immune Balancing System****SPORTS PERFORMANCE & INJURIES**

Essential Oils	Herbs and Spices	Base Ingredients	Flavouring	Practitioners
Aniseed	1/6ml	<u>Honey Products</u>	Honey - 20ml	Flower Remedy
Basil	1/6ml	Royal Jelly - 3.1 - 7gm	Indian Brandee - 20ml	Chinese
Bergamot	1/6ml	Bee Propolis - 4.1 - 5gm	Vanilla - 50gm	Acupuncture -
Chamomile German	1/6ml	Chi Shao Yao - 2gm		2 sessions
Chamomile Maroc	1/6ml	Da Huang - 2gm		Chiropractic -
Chamomile Roman	1/6ml	Dang Gui(Dong Quai) - 2gm		2 sessions
Cinnamon Leaf	1/6ml	Eri Cha - 2gm		Alexander
Clove Buds	1/6ml	Fu Pen Zi - 2gm		Technique
Eucalyptus Globulus	1/6ml	Gou Teng - 2gm		
Fatigue	1/6ml	Mao Zhao Cao (Cats Claw) - 2gm		
Fennel	1/6ml	Mu Li - 2gm		
Frankincense	1/6ml	Su Mu - 2gm		
Hyssop	1/6ml	Wu Jia Pi - 2gm		
Juniper	1/6ml	<u>Spices:</u>		
Lemon Grass	1/6ml	Asafoetida - 10gm		
Mountain Savoury	1/6ml	Cassia - 10gm		
Niaculi	1/6ml	Chilli Powder - 10gm		
Rose Geranium	1/6ml	Coconut Cream Block - 10gm		
Rosemary	1/6ml	Coriander - 10gm		
Tagastes	1/6ml	Dill Seeds - 10gm		
Thyme Red	1/6ml	Fenugreek - 10gm		
Ylang Ylang	1/6ml	Horseradish Ribbled - 10gm		
		Juniper Berries - 10gm		
		Lemon Grass - 10gm		
		Mace Ground - 10gm		
		Mixed Spices - 10gm		

**SUBSTITUTE SHEET (RULE 26)**

## PRODUCT FORMULA BY AILMENT & ILLNESS

## EXTERNAL PHYSIO APPLICATION - SPORTS PERFORMANCE & INJURIES

Pre Performance | lotion (per 10 applications)

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil
Heat Lotion - 20gm	Aniseed Basil Chamomile Maroc Fennel	Yeast 1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Chi Shao Yao - 2gm Qiang Huo - 2gm	Bee Propolis - 4:1 - 5gm Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

## EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE

+ Formula Z - CRSS3 - 2 s

## Maintenance Recovery Message

Aloe Vera		Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners	
Aloe Activator - 10ml	Heat Lotion - 20gm	Aniseed Basil Camphor Chamomile Maroc Eucalyptus Globulus Juniper	1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml	Herbs: 5:1 Chi Shao Yao - 2gm Dang Gui (Dong Quai) - 2gm Salix Alba (White Willow) - 10gm 1:1 Qiang Huo - 2gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

## Product Formulae

## Direct Internal & Surface Injury (per 10 applications)

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed Basil Camphor Eucalyptus Globulus Fennel	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1:1	Herbs: 5:1 Ba Ji Tian - 2gm Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salix Alba (White Willow) - 10gm Su Zi (Zi Su Zi) - 2gm	Bee Propolis - 4:1 - 5gm Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions Osteopathy - 2 sessions

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EXTERNAL PHYSIO AND REFL EXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES

Cramp Fatigue Lotion (per 10 applications)

Aloe Vera	Essential Oils	Herb/Spices	Honey Products	Massage Oil	
Aloe Activator - 10ml Heat Lotion - 20gm	Camphor Rescue Remedy	1/6ml 1/6ml Herbs: 5:1 Hu Po - 2gm Huang Lian - 2gm Salix Alba (White Willow) - 10gm 1:1 Qiang Huo - 2gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions

PRODUCT FORMULA BY AILMENT & ILLNESSProduct Formula S6      EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIESFatigue Fractures  
(per 10 applications)

Product Formula S6	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Massage Oil	Practitioners
Aloe Vera Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed Basil Camphor Eucalyptus Globulus Ginger	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salix Alba (White Willow) - 10gm 1:1 Spices: Allspice - 10gm Dill Seeds - 10gm	Bee Propolis - 4:1 - 5gm B6 - 20gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions

## SUBSTITUTE SHEET (RULE 26)

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula T**      **After crisis - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**

\*\* Followed by Formula F - Clarissa Balancing System

- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

**\*\*Abuse (short term)**

**\*\*Trauma/Shock (short term)**

**Single Small Dose**

Flower Remedies	Essential Oils	Herbs/Indian Spices	Base Ingredients
Rescue Remedy - 1ml	1/8ml	Herbs: 5:1 Bu Gu Zhi - 2gm Chen Xiang - 2gm Guo Teng - 2gm Wu Bei Zi - 2gm	Aloe Vera Pure - 20ml Honey - 20ml
		Spices: Garlic - 10gm Lacs - 10gm	

PRODUCT FORMULA BY AILMENT & ILLNESSProduct Formula U - 2 capsules 3 times daily over 20 days

Schizophrenia		Herbs/Spices	Honey Products	Base Ingredients	Flavouring
Essential Oils					
Basil	1/8ml	Herbs: 5:1	Royal Jelly - 3:1 - 7 gm	Aloe Vera/ Amino Acids/ Vitamins	Honey - 20ml
Bergamot	1/8ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Aloe Vera:	Indian Brandee - 20ml
Chamomile German	1/8ml	Er Cha - 2gm		Over 70 nutrients - 3/4 litre	Vanilla - 50gm
Chamomile Maroc	1/8ml	Hu Huang Lian - 2gm			
Chamomile Roman	1/8ml	Huo Ma Ren - 2gm			
Cinnamon Leaf	1/8ml	Su Mu - 2gm			
Clove Buds	1/8ml	Wu Jia Pi - 2gm			
Eucalyptus Globulus	1/8ml	Ye Ju Hua - 2gm			
Fennel	1/8ml				
Frankincense	1/8ml	Spices			
Ginger	1/8ml	Allspice - 10gm	Calcium Amino Acid Chelate 20% -	VIT C - 15gm	
Hyssop	1/8ml	Asafoetida - 10gm	10gm	VIT E D - Alpha Tocopherol - 10gm	
Juniper	1/8ml	Caraway Ground - 10gm	Copper Amino Acid Chelate 20% -		
Lavender	1/8ml	Chilli Powder - 10gm	15gm		
Lemon Grass	1/8ml	Coconut Cream Block - 10gm			
Mountain Savoury	1/8ml	Coriander - 10gm			
Niaouli	1/8ml	Dill Seeds - 10gm			
Rose Geranium	1/8ml	Fenugreek - 10gm			
Rosemary	1/8ml	Horseradish Ribbled - 10gm			
Tagestes	1/8ml	Mace Ground - 10gm			
Thyme Red	1/8ml	Mustard Seed Yellow - 10gm			
Ylang Ylang	1/8ml	Orris Root - 10gm			

SUBSTITUTE SHEET (RULE 26)

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula V

- 2 capsules 3 times daily over 20 days  
 \*\* Followed by Formula F - Clarissa Balancing System  
 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

\*\*Abuse (long term)

\*\*Bereavement/Loss

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Bergamot	1/8ml	<u>Honey Products</u>	Honey - 20ml
Chamomile German	1/8ml	Royal Jelly - 3:1 - 7gm	Indian Brandee - 20ml
Chamomile Maroc	1/8ml	Bee Propolis - 4:1 - 5gm	Vanilla - 50gm
Chamomile Roman	1/8ml		
Cinnamon Leaf	1/8ml	<u>Enzymes/Minerals</u>	
Clove Buds	1/8ml	L-Treonine - 15gm	
Eucalyptus Globulus	1/8ml	Superoxide Dismutase (S.O.D.) - 15gm	
Fennel	1/8ml	<u>Enzymes:</u>	
Frankincense	1/8ml	Vegetable Enzymes - 15gm	
Hysop	1/8ml	<u>Spices:</u>	
Juniper	1/8ml	Allspice - 10gm	
Lemon Grass	1/8ml	Asafoetida - 10gm	<u>Minerals:</u>
Mountain Savoury	1/8ml	Celery Salt - 10gm	Calcium Amino Acid Chelate 20% -
Niaouli	1/8ml	Chilli Powder - 10gm	VIT C - 15gm
Patchouli	1/8ml	Coconut Cream Block - 10gm	VIT E D - Alpha Tocopherol - 10gm
Rose Geranium	1/8ml	Coconut Ground - 10gm	
Rosemary	1/8ml	Garlic - 5gm	
Thyme Red	1/8ml	Inositol 25gm	
Ylang Ylang	1/8ml	Iron Gluconate 12.5% - 10gm	
		Mineral Clay Powders - 15gm	
		Zinc Amino Acid Chelate 20% -	
		5gm	
		Mace Ground - 10gm	
		Mango Powder - 10gm	

SUBSTITUTE SHEET (RULE 26)

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula W1</b>		<b>WEIGHT MANAGEMENT</b>	
<b>Clarissa Weight Care System</b>		<b>- 2 capsules daily at bedtime over 20 days</b>	
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Bergamot 1/8ml	<p><u>Herbs: 5:1</u> Guo Teng - 2gm Ji Xue Teng - 2gm</p> <p><u>Spices:</u> Carob - 10gm Dill Seeds - 10gm Juniper Berries - 10gm Mixed Spices Sweet - 10gm</p>	<p><u>Honey Products</u> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm</p> <p><u>Enzymes/Minerals</u> <u>Enzymes:</u> Vegetable Enzymes - 15gm</p> <p><u>Minerals:</u> Copper Amino Acid Chelate 20% - 10gm Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm</p>	<p><u>Aloe Vera/Amino Acids/ Vitamins</u> <u>Aloe Vera:</u> Over 70 nutrients - 3/4 litre</p> <p><u>Amino Acids:</u> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm</p> <p><u>Vitamins:</u> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm</p>

**SUBSTITUTE SHEET (RULE 26)**

PRODUCT FORMULA BY AILMENT & ILLNESSProduct Formula W2Clarissa Meal Replacement Diet Juice - 50ml per Meal Replacement over 20 days

<u>WEIGHT MANAGEMENT</u>					
<u>Product Formula W2</u>					
<u>Clarissa Meal Replacement Diet Juice - 50ml per Meal Replacement over 20 days</u>					
Essential Oils	Herbs/Spices		Base Ingredients		Flavouring
Bergamot 1/8ml	Herbs: 5:1 Gao Ben - 2gm Sang Ye - 2gm	Honey Products Royal Jelly - 3.1 - 7gm Bee Propolis - 4.1 - 5gm	Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - 1/4 litre		Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm
				<u>Amino Acids:</u> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm	
				<u>Enzymes/Minerals:</u> Enzymes: Vegetable Enzymes - 15gm Soya Isolate - 20gm Soya Protein Isolate - 50gm	
				<u>Spices:</u> Dill Seeds - 10gm Fennel - 10gm Mixed Spices Sweet - 10gm Mushroom - 10gm	
				<u>Enzymes:</u> Whey Protein - 20gm	
				<u>Vitamins:</u> VIT C - 15gm	
				<u>Minerals:</u> Calcium Amino Acid Chelate 20% - 10gm	
				Copper Amino Acid Chelate 20% - 15gm	
				Garlic - 5gm	
				Insitol 25gm	
				Iron Gluconate 12.5% - 10gm	
				Mineral Clay Powders - 15gm	
				Zinc Amino Acid Chelate 20% - 5gm	

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula W3****WEIGHT MANAGEMENT****Clarissa Chinese Slimming and Detoxifying Tea - 1 cup 3 times daily****Stale Breath**

Essential Oils	Herbs/Spices	Flavouring	Other
Bergamot	<p><b>Herbs: 5:1</b></p> <p>Bai Guo Ye (Ginkgo) - 2gm Ban Xia - 2gm Chan Tiu - 2gm Chi Shao Yao - 2gm Garcinia Cambogia - 10gm Gou Teng - 2gm Horsetail - 5gm (1:1) Lian Zi (Red) - 2gm Maté Leaf - 5gm (1:1) Mao Zhao Cao (Cats Claw) 5gm (1:1) Milk Thistle Seed - 5gm (1:1) Ou Jie - 2gm Spirulina - 5gm (1:1) Wang Bu Liu Xing Guo - 2gm Wu Jia Pi - 2gm</p> <p><b>Spices:</b></p> <p>Allspice - 10gm Cardamom - 10gm Cassia - 10gm Dill Seeds - 10gm Celery Salt - 10gm Garlic - 10gm Lemon Grass - 10gm Mixed Spices Sweet - 10gm Tamarind Block - 10gm</p>	<p>Lemon - 20gm</p> <p>Citrin - 5gm</p>	

**SUBSTITUTE SHEET (RULE 26)**

## PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula W4

## WEIGHT MANAGEMENT

- 2 capsules 3 times daily over 20 days

Essential Oils		Herbs/Spices	Base Ingredients	Flavouring	
Aniseed	1/8ml	<u>Herbs: 5:1</u> Dang Gui - 2gm (Dong Quai) Guo Teng - 2gm Qiang Huo - 2gm Tian Nan Xing - 2gm Wang Bu Liu Xing Guo - 2gm Wu Jia Pi - 2gm	<u>Honey Products</u> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	<u>Aloe Vera/Amino Acids/Vitamins</u> <u>Aloe Vera:</u> Over 70 nutrients - 3/4 litre	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm
Chamomile Maroc	1/8ml				
Grapeseed	1/8ml				
Juniper	1/8ml				
		<u>Enzymes/Minerals</u> <u>Enzymes:</u> Vegetable Enzymes - 15gm <u>Minerals:</u> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	<u>Amino Acids:</u> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm <u>Vitamins:</u> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm		

## Product Formula X1

## Bodycare Lotion

SKIN CARE					
Product Formula X1			Bodycare Lotion		
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Creme 1ml	Benzoin Bergamot Chamomile Maroc Cypress Dill Honey Lavender Patchouli Rose Geranium Sandalwood Ylang Ylang	Herbs: 5:1 Chuan Lian Zi - 2gm Da Zao - 2gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Eury K100 - 10mg Inositol - 10mg L-Phenylalanine - 10mg	Avocado Oil 15% Cellulose 15% Colloidal Sulphur 5% Emulsifying Ointment 30% P. Chloro M. Cresol 15% Purified Water 69% Phenoxyethanol 1% Sodium Laureth 5% Wheatgerm Oil 15% Witch Hazel Extract 15%

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula X2****Facecare Lotion**

<b>SKIN CARE</b>					
<b>Product Formula X2</b>		<b>Herbs/Spices</b>		<b>Honey Products</b>	
<b>Aloe Vera</b>	<b>Essential Oils</b>	<b>Herbs: 5:1</b>	<b>Bee Propolis - 4:1 - 5gm</b>	<b>Vitamins/Amino Acids</b>	<b>Base Formulation</b>
Bee Propolis Creme 1ml	Bergamot Fennel Frankincense Hyssop Juniper Lavender Lemon Niaouli Patchouli Pine Rosemary	1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml	Chuan Lian Zi - 2gm Suan Zao Ren - 2gm  Spices: Aniseed - 10gm Cumin - 10gm  Herbs: 5:1 Bo He - 2gm Da Zao - 2gm  Spices: Arrowroot - 10gm Cassia - 10gm	VIT E - 30gm Euxyl K100 - 10gm Inositol - 10gm L-Phenylaline - 10gm  Vitamins/Amino Acids Wheatgerm Oil 15%	Emulsifying Ointment 30% Grapeseed Oil 15% Purified Water 69% Phenoxyethanol 1% Vegetable Oil 15% Wheatgerm Oil 15%

**Product Formula X3****Haircare Lotion & Restoration**

<b>SKIN CARE</b>					
<b>Product Formula X3</b>		<b>Herbs/Spices</b>		<b>Honey Products</b>	
<b>Aloe Vera</b>	<b>Essential Oils</b>	<b>Herbs: 5:1</b>	<b>Bee Propolis - 4:1 - 5gm</b>	<b>Vitamins/Amino Acids</b>	<b>Base Formulation</b>
Bee Propolis Creme 1ml	Benzoin Bergamot Chamomile Maroc Eucalyptus Globulus Jojoba Lavender Rose Geranium Rosemary	1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml	Bo He - 2gm Da Zao - 2gm  Spices: Arrowroot - 10gm Cassia - 10gm	VIT E - 30gm Inositol - 10gm L-Phenylaline - 10gm  Vitamins/Amino Acids Dehydrol 10% Emulsifying Ointment 30% Jojoba Oil 30% Purified Water 69% Phenoxyethanol 1%	Dehydrol 10% Emulsifying Ointment 30% Jojoba Oil 30% Purified Water 69% Phenoxyethanol 1%

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula X4		SKIN CARE				
Product Formula	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation	
Aloe Vera						
Bee Propolis Creme 1ml	Bergamot Cedarwood Chamomile Maroc Cypress Fennel Frankincense Juniper Lavender Lemon Mountain Savoury Neroli Rose Geranium Sandlewood	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Chuan Lian Zi - 2gm Hua Jiao - 2gm Spices: Celery Salt - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm Inositol - 10gm L-Phenylaline - 10gm Emulsifying Ointment 30% Grapeseed Oil 15% P.Chloro M.Cresol 15% Purified Water 69% Phenoxyethanol 1% Sodium Laureth 5% Triethanolamine 10% Wheatgerm Oil 15%	Avocado Oil 15% Carrot Oil 15% Cellulose 15% Colloidal Sulphur 5%

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula X5		SKIN CARE				
Suncare Lotion - Pre sunbathing	After sun	X5 (i)	X5 (ii)	Honey Products	Vitamins/Amino Acids	Base Formulation
Aloe Vera	Essential Oils	Herbs: 5:1 1/8ml Bergamot 1/8ml Chamomile Marcoc	Herbs: 5:1 1/8ml Cang Er Zi - 2gm 1/8ml Qiang Huo - 2gm Spices: Chilli - 10gm Garlic - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm L-Phenylaline - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%
X5 (i)	Bee Propolis Creme 1ml					
X5 (ii)	Bergamot Dill Fennel Bee Propolis Creme 1ml	Herbs: 5:1 1/8ml Cang Er Zi - 2gm 1/8ml Hua Jiao - 2gm 1/8ml Qiang Huo - 2gm Spices: Cinnamon - 10gm Fenugreek - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm L-Phenylaline - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%	

## PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Y1

## immune System

PET. VETERINARY & EQUINE CARE

**Nutritional Supplement - Daily dose of 5ml in food**

## PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Y2

## Intestine System

PET, VETERINARY & EQUINE

Product Formula Y2		PET, VETERINARY & EQUINE CARE	
Intestine System		- 6 capsules daily In food over 20 days	
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Aniseed Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Ginger Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Peppermint Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	<p><b>Herbs: 5:1</b></p> <p>Bai Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Er Cha - 2gm Salix Alba (White Willow) - 10gm 1:1 Shiu Niu Jiao Si - 2gm Su Mu - 2gm Wu Jia Pi - 2gm</p> <p><b>Spices:</b></p> <p>Asafoetida - 10gm Cassia - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Cream of Tartar - 10gm Dill Seeds - 10gm Fenugreek - 10gm Horseradish Ribbled - 10gm Mace Ground - 10gm</p>	<p><b>Honey Products</b></p> <p>Royal Jelly - 3.1 - 7gm Bee Propolis - 4.1 - 5gm</p> <p><b>Enzymes/Minerals:</b></p> <p>Enzymes: Vegetable Enzymes - 15gm</p> <p><b>Minerals:</b></p> <p>Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm</p>	<p>Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm</p> <p><b>Aloe Vera:</b> Over 70 nutrients - <math>\frac{3}{4}</math> litre</p> <p><b>Amino Acids:</b></p> <p>L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm</p> <p><b>Vitamins:</b></p> <p>VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm</p>

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

## Product Formula Y3

## PET, VETERINARY &amp; EQUINE CARE

Depression

- 6 capsules daily in food over 20 days

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil	1/8ml	<u>Honey Products</u> Bai Guo Ye (Ginkgo) - 2gm	Honey - 20ml
Bergamot	1/8ml	Royal Jelly - 3:1 - 7gm	Indian Brandee - 20ml
Camphor	1/8ml	Bee Propolis - 4:1 - 5gm	Vanilla - 50gm
Chamomile German	1/8ml		
Chamomile Maroc	1/8ml	<u>Enzymes/Minerals</u> Er Cha - 2gm	
Chamomile Roman	1/8ml	Su Mu - 2gm	
Cinnamon Leaf	1/8ml	Wu Jia Pi - 2gm	
Clove Buds	1/8ml	<u>Enzymes:</u> Vegetable Enzymes - 15gm	
Dill	1/8ml	<u>Amino Acids:</u> Asafoetida - 10gm	
Eucalyptus Globulus	1/8ml	Chilli Powder - 10gm	
Fennel	1/8ml	Coconut Cream Block - 10gm	
Frankincense	1/8ml	Coriander - 10gm	
Hyssop	1/8ml	Cumin - 10gm	
Juniper	1/8ml	Fenugreek - 10gm	
Lavender	1/8ml	Horseradish Ribbled - 10gm	
Lemon Grass	1/8ml	Juniper Berries - 10gm	
Mountain Savoury	1/8ml	Mace Ground - 10gm	
Niaouli	1/8ml	Nutmeg - 10gm	
Peppermint	1/8ml		
Rose Geranium	1/8ml		
Rosemary	1/8ml		
Tagetes	1/8ml		
Thyme Red	1/8ml		
Ylang Ylang	1/8ml		

## SUBSTITUTE SHEET (RULE 26)

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula Y4

- 6 capsules daily in food over 20 days

PET, VETERINARY & EQUINE CARE

Product Formula Y4		Viral Antidote		- 6 capsules daily in food over 20 days	
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring		
Basil Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Ginger Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Peppermint Rose Geranium Rosemary Tagestes Thyme Red Ylang Ylang	<p><u>Herbs: 5:1</u></p> <p>Bai Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Er Cha - 2gm Mao Zhao Cao (Cats Claw) - 2gm Salix Alba (White Willow) - 10gm 1:1 Shiu Niu Jiao Si - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Zhi Zi - 2gm</p> <p><u>Spices:</u></p> <p>1:6ml Allspice - 10gm Asafoetida - 10gm Celery Salt - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm 1:6ml Cream of Tartar - 10gm Fenugreek - 10gm Horseradish Ribbed - 10gm Mace Ground - 10gm Mixed Spices Sweet - 10gm</p>	<p><u>Honey Products</u></p> <p>Royal Jelly - 3.1 - 7gm Bee Propolis - 4.1 - 5gm</p> <p><u>Enzymes/Minerals</u></p> <p>Over 70 nutrients - 3/4 litre</p> <p><u>Enzymes:</u></p> <p>Vegetable Enzymes - 15gm</p> <p><u>Minerals:</u></p> <p>Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm</p>	<p><u>Aloe Vera/Amino Acids/Vitamins</u></p> <p><u>Aloe Vera:</u></p> <p>Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm</p> <p><u>Amino Acids:</u></p> <p>L-Glutamyl - 15gm L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm</p> <p><u>Vitamins:</u></p> <p>VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm</p>		

## PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRA

- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum / days apart)

## Clarissa Recovery Remedy

## **Meningitis Strokes & Heart Attacks**

Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Basil	1/8ml Herbs: 5:1 Chan Tiu - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml
Carrot	1/8ml Chen Xiang - 2gm Fu Pen Zi - 2gm		Grapeseed - 40ml
Ginger	1/8ml Qiang Huo - 2gm Shu Di Huang - 2gm		Hazelnut - 10ml

**Product Formula Z - CRB** - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

## Clarissa Recovery Remedy

## Irritable Bowel Organophosphates

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula Z - CRC2 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

## ClariSSA Recovery Remedy

Influenza	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
	Basil Bergamot Eucalyptus Globulus Jojoba	Herbs: 5:1 1/8ml Bo He - 2gm 1/8ml Cang Er Zi - 2gm 1/8ml Chen Xiang - 2gm 1/8ml Da Zao - 2gm 1/8ml Lian Zi - 2gm 1/8ml Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**Product Formula 7 - CBI** - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

## Clarissa Recovery Remedy

Alzheimers Disease		Parkinson's Disease	
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Basil Carrot Eucalyptus Globulus	Herbs: 5:1 1/8ml Bai Gou - 2gm 1/8ml Cang Er Zi - 2gm 1/8ml Chen Xiang - 2gm Dan Shen - 2gm Gao Ben - 2gm Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
	Spices: Anise Star -10gm Coriander - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRM		- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)			
Anaemia Motor Neurone Disease	Essential Oils	Clarissa Recovery Remedy		Muscular Dystrophy Thyroid Gland (over & under active)	
		M.E.	M.S.		
Basil Bergamot Eucalyptus Globulus Juniper	1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Bai Jiang Cao - 2gm Chen Xiang - 2gm Chi Shao Yao - 2gm Shu Di Huang - 2gm Ting Li Zi - 2gm Ye Tu Hua - 2gm		Base Ingredients Aloe Vera Pure - 20ml Honey - 20ml	Carrier Oils Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
		Herbs/Spices Spices: Anise Star - 10gm Ginger - 10gm			

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula Z - CRN		NUTRITIONAL BOOST				
		Clarissa Recovery Remedy		Sports - Energy booster & stamina		Massage Oils
Acne Aids	Essential Oils	Herbs/Spices	Cancer Candida	Hepatitis Leukaemia	Base Ingredients	
Black Pepper Chamomile Roman Eucalyptus Globulus Fatigue Juniper Peppermint Tagestes	1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml	Herbs: 5:1 Bal Guo Ye (Ginkgo) -2gm Bai Ji Tian -2gm Che Qian Zi -2gm Dang Shen -2gm Fu Pen Zi -2gm He Zi -2gm Xing Ren -2gm	Honey Products Honey - 20ml Royal Jelly - 2gm Bee Propolis - 3gm	Aloe Vera: Aloe Vera: Over 70 nutrients - 40ml	Aloe Vera/Amino Acids/ Vitamins Aloe Vera: Over 70 nutrients - 40ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

## PRODUCT FORMULA BY AILMENT & ILLNESS

**Product Formula Z - CRR** - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

## Clarissa Recovery Remedy

## Arthritis - Rheumatoid Osteoporosis

**Product Formula Z - CRS3** - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart)

Clarissa Recovery Remedy

## Maintenance Recovery Message

Recovery & Toning Bath Oil (20 applications)			
Essential Oils	Herbs/Spices	Carrier Oils	
Bergamot Lavender Rosemary	<p>1/8ml Herbs: 5:1</p> <p>Cang Er Zi - 1gm Chen Xiang - 1gm Da Huang - 1gm Shu Di Huang - 1gm Ting Li Zi - 1gm</p> <p>Spices: Anise Star -1gm</p>	Grapeseed Oil - 40ml Avocado Oil - 40ml Water - 160ml	

## SUBSTITUTE SHEET (RULE 26)

**CLAIMS**

1. A medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or at least one herb.
2. A medicinal or cosmetic composition according to Claim 1, wherein the composition comprises one or more essential oils selected from: bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagestes and ylang ylang.
3. A medicinal or cosmetic composition according to Claims 1 or 2, wherein the composition comprises one or more Chinese herbs selected from: *Acacia Catechu*, *Acanthopanax Gracilistylus*, *Caesalpinia Sappan* and *Epimedium Spinosa*.
4. A medicinal or cosmetic composition according to any preceding claim wherein the composition comprises one or more spices selected from: *asapoetidia*, *coconut*, *coriander*, *fenugreek* and *horseradish*.

5. A medicinal or cosmetic composition according to any preceding claim comprising

(a) the following essential oils:

bergamot, chamomile german, chamomile maroc,  
chamomile roman, cinnamon zeylanicum, clove  
buds, eucalyptus globulus, frankincense,  
fennel, hyssop, juniper, lemon grass, mountain  
savoury, niaouli, red thyme, rosemary, rose  
geranium, tagestes and ylang ylang.

(b) the following Chinese herbs:

Acacia Catechu, Acanthopanax Gracilistylus,  
Caesalpinia Sappan and Epimedium Spinosa.

(c) the following spices:

asapoetidia, coconut, coriander, fenugreek and  
horseradish.

6. A medicinal or cosmetic composition according to any preceding claim additionally comprising an Aloe vera extract.

7. A medicinal or cosmetic composition according to any preceding claim in combination with a honey product.
8. A medicinal or cosmetic composition according to any preceding claim in combination with one or more vitamins, minerals, amino acids, enzymes, flavourings and/or Bach flower remedies.
9. A tablet or capsule for oral administration comprising a medicinal or cosmetic composition according to any preceding claims.
10. A composition for topical application comprising a medicinal or cosmetic composition according to any one of Claims 1-8.
11. The use of a medicinal composition according to any one of Claims 1-8 for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.
12. The use of a cosmetic formulation according to any one of Claims 1-8 for skin care and/or weight management.

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## INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(51) International Patent Classification 6 : <b>A61K 35/78, 7/06</b>		A3	(11) International Publication Number: <b>WO 98/40086</b> (43) International Publication Date: 17 September 1998 (17.09.98)
(21) International Application Number: PCT/GB98/00708 (22) International Filing Date: 10 March 1998 (10.03.98)  (30) Priority Data: 9704904.3 10 March 1997 (10.03.97) GB		(81) Designated States: AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, CA, CH, CN, CU, CZ, DE, DK, EE, ES, FI, GB, GE, GH, GM, GW, HU, ID, IL, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MD, MG, MK, MN, MW, MX, NO, NZ, PL, PT, RO, RU, SD, SE, SG, SI, SK, SL, TJ, TM, TR, TT, UA, UG, US, UZ, VN, YU, ZW, ARIPO patent (GH, GM, KE, LS, MW, SD, SZ, UG, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, CH, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, ML, MR, NE, SN, TD, TG).	
(71) Applicant (for all designated States except US): THE RILEY FLETCHER FOUNDATION [GB/GB]; Hollyhurst, Church Street, Hampton Lucy, Warwickshire CV35 8BD (GB).  (72) Inventors; and (75) Inventors/Applicants (for US only): FLETCHER, Jane, Clarissa [GB/GB]; Hollyhurst, Church Street, Hampton Lucy, Warwickshire CV35 8BD (GB). RILEY, Michael, James, Hargreaves [GB/GB]; Hollyhurst, Church Street, Hampton Lucy, Warwickshire CV35 8BD (GB).		Published <i>With international search report.</i> <i>Before the expiration of the time limit for amending the claims and to be republished in the event of the receipt of amendments.</i>	
(74) Agent: BANNERMAN, David, Gardner, Withers & Rogers, 4 Dyer's Buildings, Holborn, London EC1N 2JT (GB).		(88) Date of publication of the international search report: 19 November 1998 (19.11.98)	
<p><b>(54) Title:</b> ESSENTIAL OIL COMPOSITION</p> <p><b>(57) Abstract</b></p> <p>The application relates to new medicinal and cosmetic compositions comprising essential oils in combination with herbs and/or spices. The compositions may be used orally or topically.</p>			

**FOR THE PURPOSES OF INFORMATION ONLY**

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EE	Estonia						

# INTERNATIONAL SEARCH REPORT

International Application No  
PCT/GB 98/00708

**A. CLASSIFICATION OF SUBJECT MATTER**  
IPC 6 A61K35/78 A61K7/06

According to International Patent Classification (IPC) or to both national classification and IPC

**B. FIELDS SEARCHED**

Minimum documentation searched (classification system followed by classification symbols)  
IPC 6 A61K

Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched

Electronic data base consulted during the international search (name of data base and, where practical, search terms used)

**C. DOCUMENTS CONSIDERED TO BE RELEVANT**

Category	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
X	DATABASE WPI Section Ch, Week 9718 Derwent Publications Ltd., London, GB; Class B04, AN 97-200618 XP002070665 & RU 2 066 194 C (BOBROV-EGOROV N N) see abstract ---	1,2,4, 7-11
A	---	2,5
X	DATABASE WPI Section Ch, Week 9409 Derwent Publications Ltd., London, GB; Class D16, AN 94-072571 XP002070666 & RU 2 001 095 C (BREKHMAN I I) see abstract ---	1,3,7,9, 11
A	---	2-5 -/-

Further documents are listed in the continuation of box C.

Patent family members are listed in annex.

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Date of the actual completion of the international search

28 August 1998

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## INTERNATIONAL SEARCH REPORT

International Application No
PCT/GB 98/00708

## C.(Continuation) DOCUMENTS CONSIDERED TO BE RELEVANT

Category	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
X	DATABASE WPI Section Ch, Week 9649 Derwent Publications Ltd., London, GB; Class D16, AN 96-496132 XP002070667 & RU 2 055 874 C (UFA LIQUER VODKA WKS) see abstract ---	1,2,4,7, 9,11
A		3,5
X	DATABASE WPI Section Ch, Week 9644 Derwent Publications Ltd., London, GB; Class B04, AN 96-441498 XP002070668 & RU 2 053 265 C (LOENKO YU N) see abstract ---	1,4,7,9, 11
A		2,3,5
X	FR 2 551 972 A (BOUZID MOUSSAAD) 22 March 1985 see the whole document ---	1,2,4, 10,11
P,X	DATABASE WPI Section Ch, Week 9813 Derwent Publications Ltd., London, GB; Class B04, AN 98-143665 XP002070669 & RU 2 085 204 C (MAKEEV B A) see abstract ---	1-3,9-11
P,X	DATABASE WPI Section Ch, Week 9822 Derwent Publications Ltd., London, GB; Class D16, AN 98-249626 XP002070670 & RU 2 092 540 C (ALVIZ STOCK CO) see abstract ---	1,2,4, 7-11
X	DATABASE WPI Section Ch, Week 9409 Derwent Publications Ltd., London, GB; Class D13, AN 94-072951 XP002070671 & RU 2 001 944 C (PUSHKAREV G N) see abstract ---	1-4,7-11
X	DATABASE WPI Section Ch, Week 9822 Derwent Publications Ltd., London, GB; Class D16, AN 98-249629 XP002070672 & RU 2 092 543 C (BERESNEV N V) see abstract ---	1,2,4, 7-11
		-/-

## INTERNATIONAL SEARCH REPORT

Int'l Application No  
PCT/GB 98/00708

## C.(Continuation) DOCUMENTS CONSIDERED TO BE RELEVANT

Category	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
P, X	DATABASE WPI Section Ch, Week 9807 Derwent Publications Ltd., London, GB; Class D13, AN 98-075197 XP002070673 & RU 2 080 800 C (BEER ALCOHOL-FREE WINE PRODN ASSOC) see abstract ---	1, 2, 4, 7-11
X	DATABASE WPI Section Ch, Week 8937 Derwent Publications Ltd., London, GB; Class D13, AN 89-269669 XP002070674 & SU 1 468 490 A (GOSAGROPROM DES CONS) see abstract ---	1, 2, 4, 7-11
X	EP 0 248 701 A (CLARINS) 9 December 1987 see the whole document ---	1-4, 6, 10
X	EP 0 569 667 A (AHMAD KHALIL) 18 November 1993 see the whole document ---	1, 2, 4, 7-11
X	EP 0 582 245 A (SOLVAY FLUOR UND DERIVATE GMBH) 9 February 1994 see column 5, line 49 - column 6, line 8 see column 6, line 30 - line 45 see column 7, line 38 - line 42 see claims 1-7 ---	1, 2, 4, 7-11
A	DATABASE WPI Section Ch, Week 9744 Derwent Publications Ltd., London, GB; Class D13, AN 97-471495 XP002075853 & CN 1 119 068 A (PANG Y) see abstract ---	1, 3, 5, 7, 11
A	DATABASE WPI Section Ch, Week 9046 Derwent Publications Ltd., London, GB; Class B03, AN 90-345659 XP002075854 & JP 02 250 830 A (ISHIDA K) see abstract ---	1, 3, 5, 7, 8, 11
X	DATABASE WPI Section Ch, Week 9751 Derwent Publications Ltd., London, GB; Class B04, AN 97-550867 XP002075855 & CN 1 130 076 A (HAN Z) see abstract ---	1, 3, 5, 9, 11
		-/-

## INTERNATIONAL SEARCH REPORT

International Application No

PCT/GB 98/00708

## C.(Continuation) DOCUMENTS CONSIDERED TO BE RELEVANT

Category	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
A	DATABASE WPI Section Ch, Week 9731 Derwent Publications Ltd., London, GB; Class B04, AN 97-337038 XP002075856 & JP 09 136 831 A (TAISHO PHARM CO LTD) see abstract ---	1,3,5, 9-11
A	DATABASE WPI Section Ch, Week 9750 Derwent Publications Ltd., London, GB; Class B04, AN 97-539684 XP002075857 & JP 09 227 394 A (TAISHO PHARM CO LTD) see abstract -----	1,3,5, 9-11

## INTERNATIONAL SEARCH REPORT

International application No.  
PCT/GB 98/00708

### Box I Observations where certain claims were found unsearchable (Continuation of item 1 of first sheet)

This International Search Report has not been established in respect of certain claims under Article 17(2)(a) for the following reasons:

1.  Claims Nos.: because they relate to subject matter not required to be searched by this Authority, namely:
  
2.  Claims Nos.: because they relate to parts of the International Application that do not comply with the prescribed requirements to such an extent that no meaningful International Search can be carried out, specifically:
  
3.  Claims Nos.: because they are dependent claims and are not drafted in accordance with the second and third sentences of Rule 6.4(a).

### Box II Observations where unity of invention is lacking (Continuation of item 2 of first sheet)

This International Searching Authority found multiple inventions in this international application, as follows:

see additional sheet

1.  As all required additional search fees were timely paid by the applicant, this International Search Report covers all searchable claims.
  
2.  As all searchable claims could be searched without effort justifying an additional fee, this Authority did not invite payment of any additional fee.
  
3.  As only some of the required additional search fees were timely paid by the applicant, this International Search Report covers only those claims for which fees were paid, specifically claims Nos.:  
  
1-11(PART)
  
  
4.  No required additional search fees were timely paid by the applicant. Consequently, this International Search Report is restricted to the invention first mentioned in the claims; it is covered by claims Nos.:

#### Remark on Protest

The additional search fees were accompanied by the applicant's protest.

No protest accompanied the payment of additional search fees.

**FURTHER INFORMATION CONTINUED FROM PCT/ISA/ 210**

This International Searching Authority found multiple (groups of) inventions in this international application, as follows:

1. Claims: 1(part.),2(part.),4(part.),6-11(all part.)

Compositions comprising an essential oil in combination with a spice and use thereof for the treatment of disease or physical disability.

2. Claims: 1(part.),2(part.),3(part.),4(part.),6-11(all part.)

Compositions comprising an essential oil in combination with a herb and use thereof for the treatment of disease or physical disability

3. Claims: 1(part.),2(part.),3(part.),4(part.),5,  
6-11(all part.)

Compositions comprising an essential oil, one spice and a herb and use thereof for the treatment of disease or physical disability

4. Claim : 11(part.)

Use of compositions comprising an essential oil in combination with a spice for the manufacture of a medicament for the treatment of sport injuries

5. Claim : 11(part.)

Use of compositions comprising an essential oil in combination with a spice for the manufacture of a medicament for the build up and maintenance of the immune system

6. Claim : 11(part.)

Use of compositions comprising an essential oil in combination with a spice for the manufacture of a medicament for the protection against pollution

7. Claim : 12(part.)

Use of compositions comprising an essential oil in combination with a spice for the manufacture of a medicament for skin care

FURTHER INFORMATION CONTINUED FROM PCT/ISA/ 210

8. Claim : 12(part.)

Use of compositions comprising an essential oil in combination with a spice for the manufacture of a medicament for weight management

9. Claim : 11(part.)

Use of compositions comprising an essential oil in combination with a herb for the manufacture of a medicament for the treatment of sport injuries

10. Claim : 11(part.)

Use of compositions comprising an essential oil in combination with a herb for the manufacture of a medicament for the build up and maintenance of the immune system

11. Claim : 11(part.)

Use of compositions comprising an essential oil in combination with a herb for the manufacture of a medicament for the protection against pollution

12. Claim : 12(part.)

Use of compositions comprising an essential oil in combination with a herb for the manufacture of a medicament for skin care

13. Claim : 12(part.)

Use of compositions comprising an essential oil in combination with a herb for the manufacture of a medicament for weight management

14. Claim : 11(part.)

Use of compositions comprising an essential oil in combination with a spice and a herb for the manufacture of a medicament for the treatment of sport injuries

15. Claim : 11(part.)

Use of compositions comprising an essential oil in combination with a spice and a herb for the manufacture of a medicament for the build up and maintenance of the immune system

FURTHER INFORMATION CONTINUED FROM PCT/ISA/ 210

16. Claim : 11(part.)

Use of compositions comprising an essential oil in combination with a spice and a herb for the manufacture of a medicament for the protection against pollution

17. Claim : 12(part.)

Use of compositions comprising an essential oil in combination with a spice and a herb for the manufacture of a medicament for skin care

18. Claim : 12(part.)

Use of compositions comprising an essential oil in combination with a spice and a herb for the manufacture of a medicament for weight management

# INTERNATIONAL SEARCH REPORT

Information on patent family members

Int.	International Application No
	PCT/GB 98/00708

Patent document cited in search report	Publication date	Patent family member(s)	
FR 2551972	A 22-03-1985	NONE	
EP 0248701	A 09-12-1987	FR 2599253 A 04-12-1987 DE 3775826 A 20-02-1992	
EP 0569667	A 18-11-1993	DE 4204255 A 19-08-1993 DE 4207636 A 16-09-1993 DE 4216269 A 10-02-1994 DE 4218209 A 21-04-1994 DE 4221818 A 30-06-1994 DE 4234616 A 01-09-1994 DE 4238509 A 19-05-1994 DE 4212885 A 25-11-1993 DE 4330597 A 16-03-1995 DE 4312109 A 20-10-1994	
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